

Tally Sheet

Use this sheet to tally your food intake. Check off one circle (O) for each serving you take. When you want to know how many calories you have eaten, simply add-up the number of circles from each group and transfer them to the calorie calculator at <http://www.weight-loss-dieters-digest.com/foodCalorieCalc.htm>

Low-Calorie Vegetables OOOOOOO OOOOOOO	Vegetables OOOOOOO OOOOOOO	Starchy Vegetables OOOOOOO OOOOOOO	Beans OOOOOOO OOOOOOO	Low-Cal Fruits OOOOOOO OOOOOOO
Serving Size: 1/2 C Approximate Calories: 15	Serving Size: 1/2 C Approximate Calories: 25	Serving Size: 1/2 C Approximate Calories: 75	Serving Size: 1/2 C Cooked Approximate Calories: 115	Serving Size: Varies (see below) Approximate Calories: 40
Alfalfa Sprouts Cabbage Celery Eggplant Green Peppers Lettuce Mushrooms Radish Raw Spinach Summer Squash Turnip Zucchini	Asparagus Bamboo Shoots Broccoli Brussel Sprouts Carrots Cauliflower Cucumbers Green Beans Onions Okra Sauerkraut Tomato	Acorn Squash Beets Butternut Corn Parsnips Peas	Baked Beans Kidney Beans Lentils Lima Beans	Apple Small Berries 1/2C Cantaloupe 1/4 Cherries 1/3C Dried Fig 1 Grapes 1/2C Kiwi 1 Mandarin Orange 1/2C Peach 1 Medium Raisins 2T Strawberries 3/4C Watermelon 1C
High-Calorie Fruits OOOOOOO OOOOOOO	Low-Calorie Breads OOOOOOO OOOOOOO	Medium-Calorie Breads OOOOOOO OOOOOOO	High-Calorie Breads OOOOOOO OOOOOOO	Low-Calorie Fish OOOOOOO OOOOOOO
Serving Size: Varies (see below) Approximate Calories: 80	Serving Size: Varies (see below) Approximate Calories: 70	Serving Size: Varies (see below) Approximate Calories: 110	Serving Size: Varies (see below) Approximate Calories: 140	Serving Size: 4 oz. Fresh Cooked Approximate Calories: 110
Apple Medium Apple Juice 2/3C Applesauce 1/2C Banana Small Dried Figs 2 Grape Juice 1/2C Grapefruit Juice 1C Medium Pear Orange Juice 3/4C Pineapple 1C Pineapple Juice 2/3C	Cereal 3/4C Graham Crackers 2 Italian Bread 1 Slice Oyster Crackers 18 Popcorn (no butter) 3C Pumpernickel 1 Slice Ritz Crackers 18 Saltines 6 Triscuit 3 Wheatsworth 5 White Bread 1 Slice Whole Wheat 1 Slice	Bagel 1/2 Medium Biscuit 2" Corn Tostada 2 Cornbread 2"x 2" Sq. Croissant 1/2 French Fries 8 Hot-dog Roll Matzoh 1 Muffin Small Pancake 5" Pita 1/2 Waffle 5" White/Wheat Large Slice	Angel Food Cake 1slice Bagel Small Barley 1C Burrito English Muffin Grits 1C Hamburger Roll Oatmeal 1C Pound Cake 1 slice Pasta 1C Rice 1C Sweet Potato 1/2C White Potato 1C	Catfish Cod Crab Dolphin (the fish) Grouper Haddock Lobster Perch Pike Pollock Saltwater Bass Scallops Shrimp Sole Trout

Lean Meats	Medium Fat Meats	High Fat Meats	Fats
OOOOOOO OOOOOOO	OOOOOOO OOOOOOO	OOOOOOO OOOOOOO	OOOOOOO OOOOOOO
Serving Size: 3 oz. Cooked (unless noted) Approximate Calories: 165	Serving Size: 3 oz. Cooked (unless noted) Approximate Calories: 225	Serving Size: 3 oz. Cooked (unless noted) Approximate Calories: 300	Serving Size: Varies (see below) Approximate Calories: 45
Atlantic Salmon (4oz.) Chuck Chicken Flank Steak Fowl Freshwater Bass (4oz.) Ham Lamb (except breast) Peanut Butter (2T) Pork Leg Pork Smoked Round Swordfish Sushi & Sashimi Canned Tuna In Water (4oz.) Veal (except breast)	Boiled Ham Canned Herring (4oz.) Fried Scallops (4oz.) Fried Shrimp (3.5oz.) Ground Beef (15% fat) Lake Trout Liver Mozzarella Pork Loin Pork Shoulder Ricotta	Club Steak Cold Cuts Corned Beef Duck Fried Chicken Ground Beef (20% Fat) Italian Sausage Lamb Breast Polish Sausage Rib Roast Smoked Sausage Spare Ribs Stew Meat Veal Breast	Almonds 10 Butter 1t Cream (Light) 2T Cream Cheese 1T Creamy Dressing 2t French Dressing 1T Italian Dressing 1T Margarine 1t Mayonnaise 1t Oil 1t Olives 5 Peanuts 10 Pecans 2

Dairy & Breakfast Items		Desserts & Rolls	
Number Of Servings	Food Item	Number Of Servings	Food Item
OOOOOOO	Bacon 3 slices 100 calories	OOOOOOO	Carrot Cake 385 calories
OOOOOOO	Cheese 1 oz. 100 calories	OOOOOOO	Chocolate/White Cake 250 calories
OOOOOOO	Egg - 1 large 80 calories	OOOOOOO	Doughnut 240 calories
OOOOOOO	Egg White 16 calories	OOOOOOO	Hard Roll 190 calories
OOOOOOO	Egg Yolk 64 calories	OOOOOOO	Hoagie Roll 3" 190 calories
OOOOOOO	Milk - Whole 1C 150 calories	OOOOOOO	Jelly 1T 49 calories
OOOOOOO	Milk - 2% 1C 121 calories	OOOOOOO	Soft Pretzel 190 calories
OOOOOOO	Milk - 1% 1C 102 calories	OOOOOOO	Stuffing 1/2 C 190 calories
OOOOOOO	Skim Milk 1C 90 calories	OOOOOOO	Sub Roll 400 calories
OOOOOOO	Yogurt Plain 1C 140 calories	OOOOOOO	Toaster Pastry 200 calories