

Choice is Yours

1. Do you know how many calories are in the Bread/Starch list? _____
2. Which has more calories: 1 oz cheese; 1 oz sirloin; 1oz lamb chop ?? _____
3. If you have 1/4 cup cottage cheese. What food list will find it in? _____
4. How many grapes are you allow to eat? 17; 10; 15
5. How many calories are there in the Milk list? _____
6. A food or drink considered free foods has less than how many calories? 50 calories; 20 calories; 15 calories...
7. Which food is not considered free foods? 1 piece hard candy
1 Crystal Lite Bar; 1 cup Plain yogurt nonfat-sugar free.
8. Which is lower in calorie? 1/2 cup grapefruit juice; 1/2 cup orange juice; 1/2 cup Pineapple juice...
9. If you had 1 cup Cherrios & 2 slices Diet Bread.... How many Bread/Starch did you have?

10. How many calories in 1 oz very lean meat? _____
11. Which has more calories: 1 oz Chicken w/skin; 1 oz Ground Turkey; 1 oz. Ground Chicken. _____
12. If you ate 1 Hot Dog & 1 Bun. What list did you use? _____
13. True or False: 1 oz. 15-18 chips & 1 oz. Potato Chips Lite are the same calories? _____
14. True or False: 1 Slice of Banana Bread & 1 Baking Powder Biscuit are the same in calories??? _____
15. How many strawberries can you have for 1 fruit?
1 3/4 cups; 1 1/2 cups; 1 1/4 cups...
16. What's the calorie count in the Fat List ? _____
17. True or False: 1 Med cinnamon roll w/icing is the same in calories as 1/4 cup prepared stuffing???

18. True or False: 1/2 cup Potato Au Gratin & 6 Peanut Butter filled crackers are the same in calories? _____
19. What has more calories: 1 tsp. Margarine; 1 Slice bacon; 1 tsp. Corn Oil _____
20. What has the most calories? 1/2 cup cooked Cabbage; 1/2 cup Cooked Carrots; 1/2 cup cooked Cauliflower?

ANSWERS:

1. 80 calories
2. 55 Calories all the same
3. 1 Meat & 1/2 Fat
4. 17 grapes
5. 90 Calories
6. Anything less than 20 Calories
7. Yogurt...,90 Calories & its 1 Milk
8. All the same 60 Calories, 1 Fruit
9. you had 2 Bread/Starch
10. 35 Calories
11. All the same...1 Meat & 1 Fat..75 Calories
12. 1 Very Lean Meat & 1 Bread/Starch.....115 Calories
13. No.....Chips have 1 Bread/Starch & 2 Fats....Lite chips have 1 Bread /Starch & 1 Fat.....
14. True.. same amount of Calories....1 Bread/Starch & 1 Fat
15. 1 1/4 cups
16. 45 Calories
17. True 1 Bread/Starch & 1 Fat
18. True.....1/2 Bread/Starch & 1 Fat
19. All the same... 45 Calories
20. All the same....1 veggie....25 Calories