Relative Food Values for your *StopJetLag* Plan

One of the common problems in trying to follow dietary guidelines is accurately judging portion sizes. The following tips should help you in evaluating the caloric and nutrient values in normal servings and to aid in arriving at comparable value food substitutions.

- **Protein Foods** - Meats, Dairy, Fish, Legumes

  1 ounce of meat contains about 80 calories and 8 grams of Protein, which is roughly equivalent to:

One slice turkey	1/3 cup legumes (cooked) such as peas, or navy, pinto, or lima beans
1 oz. cheese	
1/3 cup cottage cheese	2 tsp. Peanut butter
1 egg	2 ozs. Skinless light meat chicken or turkey
1/2 cup lowfat plain yogurt	8 ozs. Skim milk or 6 ozs. lowfat milk
1 oz. tuna salad	1 oz. sautéed fish (e.g., sea bass)

  - Be sure to have at least 2/3 of your protein in the first half of the day. -

- **Carbohydrate Foods** - Grains, Starchy Vegetables, Pasta

  2 slices of bread contain about 120 calories and 11 grams carbohydrate, which is roughly equivalent to:

1 cup of rice, pasta or potatoes	1 jigger of vodka, rum, whiskey or gin
1 donut (plus cooking fat calories)	1 1/2 dinner roll
3/4 cup bran cereal	

- **Snack and Drinks** - Caloric Count

2 ozs. roasted peanuts	210	1 apple	80
1 oz. bag potato chips	150	1 banana	105
1 beer or 1 mixed drink	150	1 stick gum	7
1 raw carrot	30	Typical candy bar	150
1 stalk celery	5	1 cup popcorn	55

- **Fast Foods and Prepared Dishes**

Big Mac	4 oz. meat, 3 slices bread, 1 tsp. butter	536 calories
Qtr. Pounder w/cheese	4 oz. meat, 2 slices bread, 1 tsp. butter	476 calories
Dbl. Whopper w/cheese	7 oz. meat, 3 slices bread, 5 tsp. butter	920 calories
Taco Bell taco	1 oz. meat, 1 slice bread, 1 tsp. butter	176 calories
Burrito Supreme	2 oz. meat, 2 slices bread, 4 tsp. butter	364 calories
1/2 Pizza, 12" cheese/sausage	4 oz. meat, 4 slices bread, 2 tsp. butter	632 calories

- **Caffeine Content in Common Substances**:

Product	**Quantity**	**Caffeine** (in milligrams)
Coffee		
Decaffeinated	5 oz.	2
Instant, regular	5 oz.	53
Percolated	5 oz.	110
Drip	5 oz.	146
Tea		
One-minute brew	5 oz.	9-33
Five-minute brew	5 oz.	20-50
Canned Iced Tea	12 oz.	22-36
Cocoa and Chocolate		
Milk chocolate	1 oz.	6
Cocoa Beverage	6 oz.	10
Baking Chocolate	1 oz.	35
Cola Soft Drinks	12 fl. oz.	30-46

Non-prescription Drugs (Standard Dosage)	**Caffeine** (in milligrams)
Stimulants	
Caffedrine capsules, NoDoz tablets, Vivarin	200
Pain Relievers	
Plain aspirin, any brand	0
Anacin, Midol	65
Excedrin	130
Diuretics	
Pre-Mens Forte	100
Aqua-Ban, Permathene	200
Cold Remedies	
Coryban-D, Triaminicin, Dristan	30
Weight Control Aids	
Dietac, Dexatrim, Prolamine	200

- **Sample Airline Meal**

Hot Meal	**Quantity**	**Calories**	**Protein** (grams)	**Carbo-hydrates** (grams)	**Fat** (grams)
Meat or meat substitute	3 oz.	240	24.0		15.0
Potato wedges	2-1/2 oz.	89	1.0	14.0	2.0
Green Beans (French Style)	2-1/2 oz.	11	0.6	2.4	1.0
Dinner Roll	1 medium	85	2.4	14.0	2.1
Butter	1 pat	36			4.1
Milk, low-fat	1 cup	118	8.1	11.7	4.7
Cookies, oatmeal	1 medium	80	1.1	12.2	3.2
Salad, lettuce, tomato, cherry	Medium Size	44	2.7	8.5	0.3
Salad dressing. low-fat Italian	1 Tbsp.	16		0.7	1.5

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Sample Meals for your *StopJetLag* Plan

Light Meal Day	**Quantity**	**Calories**	**Protein**	**Carbo-hydrates**	**Fat**
Breakfast			(grams)	(grams)	(grams)
Cereal, corn flakes	1-1/2 cup	160	3.6	36.6	
Egg	1 egg	79	6.1	0.6	5.6
Milk, skim	1 cup	86	8.4	11.9	0.4
Bread, wheat	1 slice	61	2.3	11.3	1.0
Marmalade, Orange	1 Tbsp.	56	0.2	14.0	0.1
Orange juice	1/2 cup	56		13.0	
	Totals:	**498**	**21**	**87**	**7**
Lunch					
Meat or meat substitute	2 oz.	160	16.0		10.0
Baked potato	1 medium	95	2.0	21.0	
String Beans	1 cup	31	2.0	6.8	0.2
Carrots	1 cup	52	1.4	10.8	0.3
Butter	1 pat	36			4.1
Bread, wheat	2 slices	122	4.6	22.6	2.0
	Totals:	**496**	**26**	**61**	**17**
Supper					
Meat or meat substitute	1 oz.	80	8.0		5.0
Rice, white	1/2 cup	103	1.0	22.0	
Broccoli	1 cup	50	4.7	6.8	0.5
Squash, Summer	1 cup	38	2.2	8.4	0.2
Bread, wheat	1 slice	61	2.3	11.3	1.0
Salad, lettuce, tomato, cherry	Medium Size	44	2.7	8.5	0.3
Salad dressing. low-fat Italian	1 Tbsp.	16		0.7	1.5
	Totals:	**428**	**21**	**58**	**13**
	Daily Totals:	**1422**	**68**	**206**	**36**

Large Meal Day	**Quantity**	**Calories**	**Protein**	**Carbo-hydrates**	**Fat**
Breakfast			(grams)	(grams)	(grams)
Eggs	2 eggs	158	12.2	1.2	11.2
Meat or meat substitute	2 oz.	160	16.0		10.0
Toast whole-wheat	3 slices	183	6.0	33.0	3.0
Butter	1 pat	36			4.1
Milk, low-fat	1 cup	118	8.1	11.7	4.7
Orange juice	1/2 cup	56	0.8	13.4	0.1
	Totals:	**711**	**44**	**60**	**33**
Lunch					
Meat or meat substitute	6 oz.	480	48.0		30.0
Baked potato	2 medium	190	5.0	42.0	
Broccoli	1 cup	50	4.7	6.8	0.5
Carrots	1 cup	52	1.4	10.8	0.3
Butter	2 pat	72			8.2
Bread, wheat	2 slices	122	4.6	22.6	2.0
	Totals:	**966**	**64**	**83**	**40**
Snack					
Ice Cream	1 cup	269	4.8	31.7	14.3
Orange juice	1/2 cup	56		13.0	
Milk. Low-fat	1 cup	118	8.1	11.7	4.7
	Totals:	**443**	**14**	**57**	**19**
Supper					
Meat or meat substitute	1 oz.	80	8.0		5.0
Rice, white	1 cup	206	3.0	45.0	
String Beans	2 cups	50	4.7	6.8	0.5
Bread, wheat	1 slice	61	2.3	11.3	1.0
Butter	3 pats	108			12.3
Salad, lettuce, tomato, cherry	Medium Size	44	2.7	8.5	0.3
Salad dressing. regular Italian	1 Tbsp.	84	0.1	0.6	9.1
	Totals:	**645**	**21**	**79**	**27**
	Daily Totals:	**2765**	**143**	**279**	**119**

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