

- Basic Rules: 1) Choose foods from a variety of groups. 2) Keep a daily log of your food intake.
 3) Measure or weigh your foods. 4) Do not skip meals. 5) Learn the system for long term habits.

Bread	Amount	Pts	Cereal	Amount	Pts
White, Wheat, Rye	1 Slice	1	Cooked Cereal	1/2 Cup	1
Roll	1	1	Dry Unsweetened Cereal	3/4 Cup	1
Bun, hamburger hotdog	1	2	Puffed Cereal (unfrosted)	1 Cup	1
English Muffin	1	2	Bran Flakes	1/2 Cup	1
Cornbread	1	1.5	Starches		
Pancake, waffle	5" diam	1.5	Rice, Barley - cooked	1/2 Cup	1
Bagel	1	2	Spaghetti, Macaroni - cooked	1/2 Cup	1
Melba Toast	4 to 8	1	Bread Dressings	1/3 Cup	1.5
Tortilla	6" diam	1	Popcorn - popped - no fat	3 cups	1
Crackers			Soup		
Saltine 2" square	6	1	Broth or Thin Cream	1 Cup	1
Unsalted Crackers	4	1	Thick Cream Soup (pea, bean)	1 Cup	2
Graham Cracker 2.5" square	2	1	Cheese		
Milk			Cheddar, Swiss, American	1 Oz	1
Skim or 1/2%	1 Cup	1	Cottage Creamed	1/4 Cup	1
2%	1 Cup	1.5	Cottage Uncreamed	1/2 Cup	1
Whole	1 Cup	2	Mozzarella, part skim	1 Oz	1
Buttermilk from skim milk	1 Cup	1	Parmesan, Grated	2 Tbsp	1
Skim Milk Powder	1/3 Cup	1	Cream Cheese	2 Tbsp	1
Evaporated Skim	1/2 Cup	1	Yogurt		
Evaporated Whole	1/2 Cup	2	Low Fat Yogurt with Fruit	1 Cup	3.5
Chocolate Flavored	1 Cup	2.5	Plain Low Fat Yogurt	1 Cup	1.5
Cream			Meat		
Half'n Half	2 Tbsp	0.5	Avoid frying, added fat, breading		
Sour Cream	1/4 Cup	1.5	Trim all fat, Buy Lean Meat		
Whipping Cream	1 Tbsp	0.5	Avoid Sausage, Ribs - too fatty		
Cream, for Coffee	1 Tbsp	0.5	4 Oz Raw Meat = 3 Oz Cooked Meat		3
Ice Cream	1/2 Cup	2	Beef, Lamb, Veal, Pork	1 Oz	1
Iced Milk	1/2 Cup	1.5	Chicken, Turkey	1 Oz	1
Egg			Hot Dog	1	1.5
Egg	1	1	Lunch Meat	1 Oz	1.5
Fats			Bacon, Canadian	1 Oz	1
Margarine, Butter	1 Tsp	0.5	Bacon Strips	2	1
Cooking Oil	1 Tsp	0.5	Fish		
Avocado - 4" diameter	1/8	0.5	Cod, Haddock, Halibut	1 Oz	1
Nuts	6	0.5	Salmon, Tuna - in water	1/4 Cup	1
Olives	5	0.5	Crab, Lobster	1/4 Cup	1
Mayonnaise	1 Tsp	0.5	Clams, Oysters, Shrimp	5 small	1
French Salad Dressing	1 Tbsp	0.5	Sardines, without oil	3 medium	1
Oil & Vinegar	1 Tbsp	0.5			
Free Foods			Free Foods		
Coffee, Tea, Iced Tea			Lime, Lemon		
Broth, Bouillon, Consome			Mustard, Pepper, Salt		
Vanilla, Herbs, Spices			Vinegar		
Gelatin - Unflavored			Pickles - Unsweetened		

Vegetables - Low Calorie	Amount	Pts	Fruits	Amount	Pts
2.5 Cups/day = Free	2.5 Cups	Free	Apple 1 small - 2" diameter		0.5
Above 2.5 Cups - 0.5 Pt/Cup	1 Cup	0.5	Apple Juice	1/3 Cup	0.5
Asparagus, Beans - green			Apple Sauce	1/2 Cup	0.5
Cabbage, Celery, Chicory			Apricot 2 medium		0.5
Catsup - 1 Tbsp			Apricot Nectar Juice	1/3 Cup	0.5
Cucumber, Eggplant			Banana - 1 small	1	1.0
Endive, Escarole,			Berries - Black', Blue', Cran',	1 Cup	0.5
Green Pepper			- Rasp', Straw'	1 Cup	0.5
Greens - Beet, Chard, Kale			Cantaloupe - 1/4 of 6" diameter		0.5
- Mustard, Spinach, Turnip			Cherries - 10 large		0.5
Lettuce, Pimento, Radishes			Dates - 2		0.5
Romaine, Sauerkraut, Squash			Figs - dried or fresh -	1	0.5
Tomatoes			Grapefruit - 1/2 small or 1/2 cup		0.5
Turnips, Water Chestnuts			Grapefruit Juice	1/2 Cup	0.5
Watercress			Grapes - 12		0.5
Vegetables Medium Calorie			Grape Juice	1/4 Cup	0.5
1 Cup = 1 Pt	1 Cup	1	Honeydew Melon - 1/8 - 7" diameter		0.5
Bean Sprouts, Beets			Mango - 1/2 small		0.5
Broccoli, Brussel Sprouts			Nectarine - 1 medium		0.5
Carrots			Orange - 1 small		0.5
Greens - Collard, Dandelion			Orange Juice	1/2 Cup	0.5
Mixed Vegetables			Papaya - 1/3 medium		0.5
Mushrooms, Okra, Onion			Peach - 1 medium		0.5
Pumpkin, Rutabaga			Pear - 1 small		0.5
Vegetables - Starchy			Pineapple	1/2 Cup	0.5
Corn 1 Medium Ear or	1/2 Cup	1	Pineapple	1/3 Cup	0.5
Beans - White, Kidney	1/2 Cup	1.5	Plums, Prunes - 2 medium		0.5
Lentils	1/2 Cup	1.5	Prune Juice	1/3 Cup	0.5
Pork and Beans	1/2 Cup	2	Raisins	2 Tbsp	0.5
Lima Beans	1/2 Cup	1.5	Tangerine - 1 large		0.5
Parnips	1/2 Cup	1	Tomato Juice	1 Cup	0.5
Peas	1/2 Cup	1	Watermelon	1 Cup	0.5
Potato - Baked, Boiled	1 small	1	Canned Unsweetened Fruit	1/2 Cup	0.5
Mashed	1/2 Cup	1			
Sweet	1 small	2			
Winter Squash	1/2 Cup	1			
Yam	1/2 Cup	1.5			
Foods to Avoid			Conversions		
Beer, Wine			1 Cup = 8 ounces		
Cake, Candy			1 Cup = 16 Tablespoons		
Cookies			1 Tablespoon = 3 Teaspoons		
Condensed Milk			1 Teaspoon = 5 ml		
Fried Foods					
Gravey					
Honey, Jam					
Jelly, Marmalade, Molasses					
Pies, Preserves, Puddings					
Soft Drinks					
Sugar, Syrup					
Wine					