

## Frequently Asked Questions

### How do I account for a combination food?

Accounting for foods is easy if you stick to turkey, green peas, brown rice and watermelon but **how do you count something like vegetable soup? Chicken stir-fry? Or veggie quiche?**

You have to deconstruct the food. If you have a serving of vegetable soup you deconstruct it like:

1 C base tomato and chicken broth combo (1/2 starch)

½ C various veggies (1 veg)

Or chicken stir-fry:

2 oz chicken (2 protein)

½ c mixed vegetables (1 Veg)

1 Tbsp canola oil (1 Fat)

½ C brown rice (1 Starch)

### What if I don't know what category to put a food in?

You have to have a food label. The reality is MOST foods are combo foods. Let's look at two examples. The first is a label for a macaroni and cheese. Is it a starch or a dairy serving because of the cheese?? Or both??

# Nutrition Facts

Serving Size 1 cup (248g)

Servings Per Container About 2

Amount Per Serving

**Calories** 270    Calories from Fat 100

% Daily Value\*

**Total Fat** 12g                      **18%**

    Saturated Fat 7g                **35%**

    Trans Fat 0g

**Cholesterol** 35mg                **12%**

**Sodium** 610mg                  **25%**

**Total Carbohydrate** 27g       **9%**

    Dietary Fiber 1g               **4%**

    Sugars 1g

**Protein** 12g

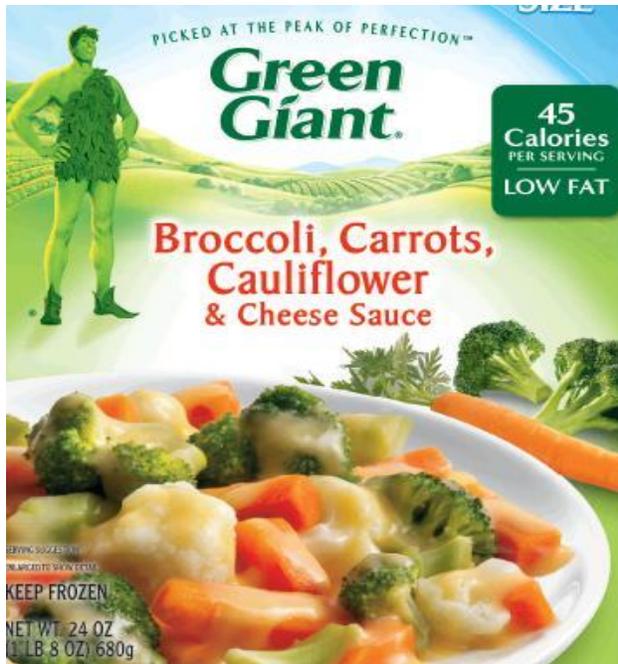
Vitamin A 6%    • Vitamin C 0%

Calcium 20%    • Iron 8%

\*Percent Daily Values are based on a 2,000 calorie diet.

1 Cup has 270 calories. There are more Carbohydrate calories than protein or fat calories. For this reason I would count it as a starch. But one starch has 100 calories. So if you are going to eat this it counts as 3 starches with 30 calories left over to spare.

Example 2: Mixed vegetables but cheese sauce is added. Do they still count as a vegetable serving?



**INGREDIENTS:** BROCCOLI, CARROTS, CAULIFLOWER, WATER, WHEY, MODIFIED CORN STARCH, SALT, GELATIN, SOYBEAN OIL, PALM OIL, MALTODEXTRIN, CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), DRIED BAKERS CHEESE (SKIM MILK, LACTIC ACID, CHEESE CULTURES, BHA (PRESERVATIVE)), ENZYME MODIFIED CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), XANTHAN GUM, MONTEREY JACK

CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), SODIUM PHOSPHATE, SODIUM ALGINATE, COLOR ADDED, ARTIFICIAL FLAVOR, MEDIUM CHAIN TRIGLYCERIDES, TRIETHYL CITRATE, MONO AND DIGLYCERIDES.

**CONTAINS MILK INGREDIENTS.**  
DISTRIBUTED BY  
**General Mills Sales, Inc.**  
GENERAL OFFICES  
MINNEAPOLIS, MN 55440 USA

Product of Mexico  
3168446101  
© 2008 General Mills

**Nutrition Facts**

Serving Size 1 cup (101g) frozen  
about ½ cup prepared  
Servings Per Container about 6

Amount Per Serving	
<b>Calories</b>	45
Calories from Fat	10

% Daily Value*	
<b>Total Fat</b> 1g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 380mg	<b>16%</b>
<b>Total Carbohydrate</b> 7g	<b>2%</b>
Dietary Fiber 2g	<b>7%</b>
Sugars 4g	
<b>Protein</b> 2g	

Vitamin A 20% • Vitamin C 30%  
Calcium 4% • Iron 2%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Exchanges: 1 Vegetable, ½ Fat  
Carbohydrate Choices: ½

Look at the label for macronutrients. Carbohydrate: 7 g. Protein 2 gm. Fat 1 gm. So they are still predominately carbohydrate. I would count this as a veggie serving. HOWEVER, look at the calories. 45 in one serving. A vegetable serving has 25 calories. So I would count it as two vegetable servings keeping in mind that I have 5 calories to spare.

**What about desserts and alcohol? There's no food group for them.**

Desserts should be eaten rarely. This is true for someone trying to lose weight but also for anyone trying to lead a healthy lifestyle regardless of their weight. To count desserts you need to know calories.

One Reese Peanut butter cup has 115 calories. I would count that as 2 carbs since each carb serving is 55 calories. 2 carbs = 110 and a RPC has 115.

As for alcohol, the tricky thing is alcohol does not have to have nutrition labels. So it is difficult to know how many calories are in a serving. Sometimes calories are listed on the company website. If you are a wine drinker, count on 90 calories in 4 ounces regardless of the wine. So if I am going to drink 8 ounces of pinot noir that is 180 calories. Somewhere on my exchange list I need to account for 180 calories. The most likely place for that is the starch category but honestly you can account for it in any category.

**If I exercise do I get more calories on that day?**

No, do not increase your calorie intake unless you do intense exercise for 90 minutes or more.