



Elective Calories

You may find some of your favorite foods and beverages listed below. They are on this list because they contain added sugar, solid fats or alcohol. It is easy to consume too much of these and not enough of the nutritious foods and beverages that you need. To improve the balance, make sure that the elective calories you choose provide pure pleasure. Next time someone offers you something from this list, ask yourself the *Thoughtful Eating* questions outlined on the Sargent Choice website.

Foods and Beverages that Contain Elective Calories

High Fat Meats

The protein in meat is nutritious. But the fat in meat is mostly artery-clogging saturated fat. The lean meats listed on the *Meal Planning 1+2+3 Chart* are good sources of protein and low in fat. These higher fat meat choices are 20-45 calories higher per ounce than lean meats. Depending on the portion size you choose, the extra calories from saturated fat can add up.

- **Poultry:** dark meat with skin, ground turkey/chicken, fried chicken with skin
- **Fish:** any fried fish products
- **Beef / Lamb:** standard ground beef, hot dog, corned beef, short ribs, prime grades of meat, rib roasts
- **Processed sandwich meats:** bologna, pimento loaf, salami, sausage
- **Pork:** bacon, spareribs, ground pork, pork sausage

High Fat Dairy Products

Similar to meat, the fat in these dairy products is high in saturated fat.

- **2% milk:** 30 calories higher per cup than skim milk
- **Whole milk:** 50 calories higher per cup than skim milk
- **Heavy/Light/Half and Half cream:** 50/30/15 calories per Tbsp
- **Sour cream:** 20 calories per Tbsp
- **Cream cheese:** 50 regular/30 light calories per Tbsp

Sweetened Grains

The sugar in sweetened cereals, muffins, bars

- FYI: 1 tsp or packet sugar (4 grams on food label) = 15 calories

Solid Fats

Shortening, butter, margarine, coconut, palm/palm kernel oil, hydrogenated oils

- 1 Tbsp (15 grams saturated or trans fat on food label) = 100-120 calories

Desserts and Snacks

Doughnuts, sweet rolls, cakes, pies, pastries, ice cream, cookies, candy, snack chips, etc

Sweetened Beverages and Alcohol

- **Soda:** 100 calories per 8 fluid oz
- **Sport drinks:** 50 calories per 8 fluid oz
- **Wine:** 115 calories per 5 fluid oz
- **Beer:** 145 regular/110 light calories per 12 fluid oz
- **Distilled:** (80 proof): 95 calories per 1-½ fluid oz

