

THE SCIENCE OF

FOOD AND

FITNESS

**Servings and Choices***by***Nancy P. Moreno, Ph.D.****Sonia Rahmati Clayton, Ph.D.****Paula H. Cutler****Martha S. Young****Barbara Z. Tharp, M.S.****RESOURCES**

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# BioEd<sup>SM</sup>

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# TEAMING WITH BENEFITS

by Jeffrey P. Sutton, M.D., Ph.D., Director, National Space Biomedical Research Institute (NSBRI)

Space is a challenging environment for the human body. With long-duration missions, the physical and psychological stresses and risks to astronauts are significant. Finding answers to these health concerns is at the heart of the National Space Biomedical Research Institute's program. In turn, the Institute's research is helping to enhance medical care on Earth.



Dr. Jeffrey P. Sutton

The NSBRI, a unique partnership between NASA and the academic and industrial communities, is advancing biomedical research with the goal of ensuring a safe and productive long-term human presence in space. By developing new approaches and countermeasures to prevent, minimize and reverse critical risks to health, the Institute plays an essential, enabling role for NASA. The NSBRI bridges the research, technological and clinical expertise of the biomedical community with the scientific, engineering and operational expertise of NASA.

With nearly 60 science, technology and education projects, the NSBRI engages investigators at leading institutions across the nation to conduct goal-directed, peer-reviewed research in a team approach. Key working relationships have been established with end users, including astronauts and flight surgeons at Johnson Space Center, NASA scientists and engineers, other federal agencies, industry and international partners. The value of these

collaborations and revolutionary research advances that result from them is enormous and unprecedented, with substantial benefits for both the space program and the American people.

Through our strategic plan, the NSBRI takes a leadership role in countermeasure development and space life sciences education. The results-oriented research and development program is integrated and implemented using focused teams, with scientific and management directives that are innovative and dynamic. An active Board of Directors, External Advisory Council, Board of Scientific Counselors, User Panel, Industry Forum and academic Consortium

help guide the Institute in achieving its goals and objectives.

It will become necessary to perform more investigations in the unique environment of space. The vision of using extended exposure to microgravity as a laboratory for discovery and exploration builds upon the legacy of NASA and our quest to push the frontier of human understanding about nature and ourselves.

The NSBRI is maturing in an era of unparalleled scientific and technological advancement and opportunity. We are excited by the challenges confronting us, and by our collective ability to enhance human health and well-being in space, and on Earth.

## NSBRI RESEARCH AREAS

### CARDIOVASCULAR PROBLEMS

The amount of blood in the body is reduced when astronauts are in microgravity. The heart grows smaller and weaker, which makes astronauts feel dizzy and weak when they return to Earth. Heart failure and diabetes, experienced by many people on Earth, lead to similar problems.

### HUMAN FACTORS AND PERFORMANCE

Many factors can impact an astronaut's ability to work well in space or on the lunar surface. NSBRI is studying ways to improve daily living and keep crewmembers healthy, productive and safe during exploration missions. Efforts focus on reducing performance errors, improving nutrition, examining ways to improve sleep and scheduling of work shifts, and studying how specific types of lighting in the craft and habitat can improve alertness and performance.

### MUSCLE AND BONE LOSS

When muscles and bones do not have to work against gravity, they weaken and begin to waste away. Special exercises and other strategies to help astronauts' bones and muscles stay strong in space also may help older and bedridden people, who experience similar problems on Earth, as well as people whose work requires intense physical exertion, like firefighters and construction workers.

### NEUROBEHAVIORAL AND STRESS FACTORS

To ensure astronaut readiness for spaceflight, preflight prevention programs are being developed to avoid as many risks as possible to individual and

group behavioral health during flight and post flight. People on Earth can benefit from relevant assessment tests, monitoring and intervention.

### RADIATION EFFECTS AND CANCER

Exploration missions will expose astronauts to greater levels and more varied types of radiation. Radiation exposure can lead to many health problems, including acute effects such as nausea, vomiting, fatigue, skin injury and changes to white blood cell counts and the immune system. Longer-term effects include damage to the eyes, gastrointestinal system, lungs and central nervous system, and increased cancer risk. Learning how to keep astronauts safe from radiation may improve cancer treatments for people on Earth.

### SENSORIMOTOR AND BALANCE ISSUES

During their first days in space, astronauts can become dizzy and nauseous. Eventually they adjust, but once they return to Earth, they have a hard time walking and standing upright. Finding ways to counteract these effects could benefit millions of Americans with balance disorders.

### SMART MEDICAL SYSTEMS AND TECHNOLOGY

Since astronauts on long-duration missions will not be able to return quickly to Earth, new methods of remote medical diagnosis and treatment are necessary. These systems must be small, low-power, noninvasive and versatile. Portable medical care systems that monitor, diagnose and treat major illness and trauma during flight will have immediate benefits to medical care on Earth.

For current, in-depth information on NSBRI's cutting-edge research and innovative technologies, visit [www.nsbri.org](http://www.nsbri.org).

# OVERVIEW

Students will document their individual eating habits and learn whether their eating patterns meet their needs.



ACTIVITY

# SERVINGS AND CHOICES

**F**ood provides us with the energy we need for our daily activities. However, to maintain an appropriate weight, we must balance the foods we eat with the energy we spend. In other words, Calorie intake must match Calorie expenditure. Many teenagers and children do not realize the importance of this balance. As a result, their diets often include too many Calories.

When the body takes in too many Calories, part of the excess is stored as fat. When more Calories are used than are consumed, stored fat is burned to make up the energy difference.

This activity is designed to make students aware of the Calories they consume each day and to give them opportunities

to compare their Calorie intakes and expenditures.

## TIME

10 minutes for setup; 45–60 minutes for activity

## MATERIALS

**Each student will need:**

- Completed student sheet from “Total Energy Needs”
- Writing paper and pen or pencil
- Copies of student sheets

## SETUP & MANAGEMENT

Students will need their estimates of daily Calorie needs. They will work individually on this activity.

## PROCEDURE

1. Distribute copies of the “Serving Savvy” student sheet. On a separate sheet of paper have each student list everything he or she would eat in a typical day, using the food items on the chart. OR have students write down everything that they eat in a 24-hour period. This list should designate meals: breakfast, lunch and/or dinner, plus snacks. Students should record both the type and amount of food, based on serving sizes given on the chart.
2. Once students have listed their food intake for a day, ask them if they think their consumption will meet daily

## Healthier Choices

Whenever possible, choose the following.

- Whole grains over white bread or white flour
- Olive, canola or flaxseed oils instead of solid fats such as lard, margarine or shortening
- Fresh fruits and vegetables over manufactured cookies, cakes, crackers and pies
- Low-fat or fat-free dairy products instead of those made with whole milk or cream

## Dietary Safety

Everyone has unique nutritional and health care needs. The information in this unit is not intended as a replacement for professional medical advice. Before beginning any diet, supplement or exercise program, discuss it with a doctor or qualified health care provider.

### SCIENCE EDUCATION CONTENT STANDARDS\* GRADES 5–8

#### LIFE SCIENCE

- All animals, including humans, are consumers, which obtain food by eating other organisms.

#### SCIENCE IN PERSONAL AND SOCIAL PERSPECTIVES

- Food provides energy and nutrients for growth and development. Nutrition requirements vary with body weight, age, sex, activity, and body functioning.
- Regular exercise is important to the maintenance and improvement of health. The benefits of exercise include maintaining healthy weight.

#### SCIENCE, HEALTH & MATH SKILLS

- Calculating
- Comparing
- Modeling

\* National Research Council. 1996. National Science Education Standards. Washington, D.C., National Academies Press.



## Guide to Fats

The properties of fats are related to their chemical makeups. Not all fats are “bad.” Some fats are important for good health.

- Omega-3 fats may help protect against cardiovascular disease. Fatty fish, such as salmon, trout and herring, and flaxseed oil are good sources of omega-3s.
- Unsaturated fats like olive, peanut, canola, soybean or corn oils are healthier choices.

Some fats can contribute to an increased risk of coronary heart disease.

- Saturated fats, which often are solid at room temperature, are less healthy. Animal-based fats (such as lard and butter) are highly saturated. Saturated fat should not exceed 10% of a person’s total daily calories.
- The process of hydrogenation turns oils into solid fats. Hydrogenization also provides a class of fats known as “trans fats.” Diets high in trans fats are unhealthy.



**Dr. Peggy A. Whitson**, Flight Engineer, NASA ISS Expedition 5, makes a hamburger. *Notice the floating tomato!*

When astronauts live and work in space, their dietary needs change. About five months before flight, astronauts create their own menus from a selection of food items, and may choose a few foods not on the list. Once their menus are finished, NASA nutritionists analyze the menus for nutritional content.

If needed, any nutrient deficiencies are corrected so that each astronaut receives the right kind and right amount of nutrients and calories they need to stay as healthy as possible during and after their mission.



Photo courtesy of NASA.

Calorie requirements for a typical boy or girl, as calculated in “Your Energy Needs.”

3. Distribute copies of the “Serving Sizes and Calories” student sheet. Tell students they will use the chart to estimate how many Calories are in each item on their lists. Point out that the Calories listed are for specific amounts of each food item. If students have recorded more than one serving of an item, they should multiply the Calories for that item by the number of servings.
4. Finally, have students add all the Calorie values they calculated for the

day. Ask, *Is this value higher or lower than you expected?*

5. Have students compare the daily Calorie needs, obtained from the “Total Energy Needs” sheet, to the total number of Calories calculated from their food lists. Ask, *How many of you had the same number of Calories in your food list as the daily Calorie requirement? What food items had the most Calories? Were you surprised at the Calorie contents of any of the foods?*
6. Discuss with students the importance of balancing Calorie intake and expenditure. Ask students to think about how they could achieve this balance. Point out that it is not only what students eat, but also how much they eat, that determines their Calorie intake.
7. Conclude by asking students, *Are there any ways to improve your eating habits? Discuss changes they could make in either their daily activities or daily food intake. Collect or have students save their lists to use with “Your Nutrition Needs.”*

## “SUPER-SIZING” PORTIONS

In many fast food restaurants, options are given to “Super Size” portions. Below are the Calorie counts for some common fast foods.

### FRENCH FRIES

Small	210
Large	450
Super	540

### EGG ROLLS

3 pieces	400
5 pieces	665

### CHICKEN NUGGETS

4 pieces	190
6 pieces	290
9 pieces	430

## EXTENSIONS

- Have students access the “USDA National Nutrient Database for Standard Reference” for Calorie values corresponding to foods not listed in the chart, at [www.nal.usda.gov/fnic/foodcomp/search/](http://www.nal.usda.gov/fnic/foodcomp/search/).

# ACTIVITY

## SERVING SAVVY

On a separate sheet of paper, use the information below to list or create a “typical” one-day menu for yourself. Include all meals and snacks and the amount you would eat of each food.

Item (amount)	Item (amount)	Item (amount)
Apple, fresh (1 medium)	Egg (1 medium)	Pizza, pepperoni (1/8 of 12-in. pie)
Apple juice (1 cup)	Egg roll, fried (1 roll, 3.5 oz)	Pocket sandwich, chicken (1 pocket)
Applesauce, sweetened (1/2 cup)	Enchilada, cheese (1 enchilada, 5.7 oz)	Popcorn, air popped (1 cup)
Asparagus, fresh (1/2 cup)	Fish, catfish, fried (3 oz portion)	Popcorn, microwave butter (3 cups)
Avocado, mashed (1/2 cup)	Fish, flounder, baked (3 oz portion)	Pork, chop (3 oz portion)
Bacon, cooked (1 slice)	Grapes, fresh (1 cup)	Pork, ham (1 cup chopped)
Bagel, plain (4 in.)	Grapefruit (1 medium)	Potato, baked, plain (1 large)
Banana, fresh (1 medium)	Gravy (1/4 cup)	Potato, french fried (20 pieces)
Beans, baked (1/2 cup)	Green beans, cooked (1/2 cup)	Potato, mashed (1/2 cup)
Beans, refried (1/2 cup)	Hot dog (1 hot dog)	Potato, tater tot style (9 pieces)
Beef, ground, broiled (3 oz portion)	Ice cream, regular (1/2 cup)	Potato, sweet (1 small)
Beef, pot roast, roasted (3 oz portion)	Ice cream, rich (1/2 cup)	Pretzel snack mix (1/2 cup)
Beef, steak, broiled (3 oz steak)	Jelly or jam (1 tablespoon)	Pudding cup, any flavor (1/2 cup)
Bread, hamburger bun (1 medium)	Ketchup (1 tablespoon)	Raisins (1/4 cup)
Bread, hot dog bun (1 medium)	Lettuce, iceberg, fresh (1 cup)	Ravioli, beef (1 cup)
Bread, pita, wheat or white (1/2 pocket)	Macaroni and cheese (1 cup)	Ravioli, cheese (1 cup)
Bread, sandwich, wheat or white (1 slice)	Margarine (3 teaspoons or 1 tablespoon)	Rice cake (1 cake)
Broccoli, fresh (1 cup)	Mayonnaise (1 tablespoon)	Rice, brown or white, cooked (1/2 cup)
Brownie (1 piece)	Milk, 2% (1 cup)	Rice, fried (3/4 cup)
Burrito, bean and cheese (6 oz burrito)	Milk, whole (1 cup)	Salad dressing, ranch (2 tablespoons)
Butter (3 teaspoons or 1 tablespoon)	Milk drink, chocolate (1 cup)	Salad dressing, fat-free (2 tablespoons)
Cake, chocolate, frosted (1 cupcake-size)	Milk drink, hot chocolate/cocoa (1 cup)	Salsa, con queso (2 tablespoons)
Candy, chocolate bar (2 fun size)	Milk drink, milkshake (1 cup)	Salsa, picante (2 tablespoons)
Candy, hard (1 piece)	Muffin, any flavor (1 medium)	Snacks, cheese puffs, baked (3/4 cup)
Candy, jelly beans (10 small)	Mushrooms, cooked (1 cup)	Snacks, “Cheetos” style (26 pieces)
Carrots, cooked (1/2 cup)	Nachos with cheese (8 chips)	Soft drink, cola (12-oz can)
Cauliflower, cooked (1/2 cup)	Noodles, egg, cooked (1 cup)	Soft drink, diet cola (12-oz can)
Celery, fresh (1 stalk)	Noodles, chow mein, cooked (1 cup)	Soup, cream style (1 cup)
Cereal, sweetened, dry (1 cup)	Noodles, rice, cooked (1 cup)	Soup, noodle style (1 cup)
Cereal, unsweetened, dry (1 cup)	Oatmeal, plain, cooked (1/2 cup)	Soup, vegetable (1 cup)
Cheese, American (1 slice)	Oil, cooking (1 tablespoon)	Soup, vegetable with meat (1 cup)
Cheese, Swiss (1 slice)	Olives, green (4 medium)	Sour cream (2 tablespoons)
Chicken, thigh, fried (1 piece)	Onion, fresh (1/2 cup, chopped)	Spaghetti sauce, vegetable (1/2 cup)
Chicken, thigh, roasted (1 piece)	Onion rings, fried (9 rings)	Spaghetti sauce, meat flavored (1/2 cup)
Chicken, breast, fried (1 piece)	Orange, fresh (1 medium)	Spinach, cooked (1/2 cup)
Chicken, breast, roasted (1 piece)	Orange juice (1 cup)	Squash, cooked and mashed (1/2 cup)
Chicken, nuggets (6 pieces)	Pancake, plain (1 4-in. pancake)	Strawberries, fresh (1/2 cup)
Chicken, deli sandwich (2 slices)	Pasta, cooked (1 cup)	Sugar, white (1 tablespoon)
Chili, with or without beans (1 cup)	Pastry, toaster-type, no icing (1 pastry)	Sunflower seeds (1/4 cup)
Cookie, chocolate chip (1 cookie)	Peach, fresh (1 medium)	Sushi, California or tuna roll (1 piece)
Cookie, chocolate sandwich (3 cookies)	Peaches, canned (1/2 cup)	Syrup, pancake (1/4 cup)
Cookie, oatmeal (2 cookies)	Pear, fresh (1 medium)	Syrup, pancake, lite (1/4 cup)
Cookie, vanilla wafer (8 cookies)	Peanuts (1/4 cup)	Tofu (1-in. slice or 3 oz)
Corn, cooked (1/2 cup)	Peanut butter (2 tablespoons)	Tortilla, corn or flour (1 tortilla)
Chips, any style (1 oz or about 15 chips)	Peas, canned (1/2 cup)	Taco, beef, prepared (1 small)
Corn dog, cooked (1 corn dog)	Peas, black-eyed with bacon (1/2 cup)	Taco salad (1 1/2 cups)
Cottage cheese (1/2 cup)	Peppers, banana or jalapeno (3 peppers)	Tamales, beef (3 small)
Cracker, graham (8 small squares)	Pickles, dill hamburger chips (5 pieces)	Tomato, fresh (1 cup sliced)
Cracker, saltine (1 cracker)	Pickles, sweet (3 small)	Tuna, canned in water (2 oz)
Cracker, wheat with peanut butter (1 pkg)	Pie, apple (1 slice or 1/6-slice of pie)	Turkey, without skin (1 cup)
Cream cheese (2 tablespoons)	Pineapple, canned (1/2 cup)	Yogurt, plain, low-fat (1 cup)
Doughnut, plain (1 medium)	Pizza, cheese (1/8 of 12-in. pie)	Yogurt, low-fat with fruit (1 cup)

# ACTIVITY

# SERVING SIZES AND CALORIES

Use the values below to figure out how many Calories are in each of the items on your menu. For foods not listed, search the USDA National Nutrient Database online at [www.nal.usda.gov/fnic/foodcomp/search/](http://www.nal.usda.gov/fnic/foodcomp/search/).

Item (amount)	Cal	Item (amount)	Cal	Item (amount)	Cal
Apple, fresh (1 medium)	91	Egg (1 medium)	77	Pizza, pepperoni (1/8 of 12-in. pie)	180
Apple juice (1 cup)	117	Egg roll, fried (1 roll, 3.5 oz)	176	Pocket sandwich, chicken (1 pocket)	300
Applesauce, sweetened (1/2 cup)	97	Enchilada, cheese (1 enchilada, 5.7 oz)	356	Popcorn, air popped (1 cup)	31
Asparagus, fresh (1/2 cup)	20	Fish, catfish, fried (3 oz portion)	194	Popcorn, microwave butter (3 cups)	234
Avocado, mashed (1/2 cup)	184	Fish, flounder, baked (3 oz portion)	99	Pork, chop (3 oz portion)	213
Bacon, cooked (1 slice)	35	Grapes, fresh (1 cup)	58	Pork, ham (1 cup chopped)	369
Bagel, plain (4 in.)	227	Grapefruit (1 medium)	80	Potato, baked, plain (1 large)	280
Banana, fresh (1 medium)	120	Gravy (1/4 cup)	164	Potato, french fried (20 pieces)	235
Beans, baked (1/2 cup)	157	Green beans, cooked (1/2 cup)	22	Potato, mashed (1/2 cup)	160
Beans, refried (1/2 cup)	183	Hot dog (1 hot dog)	145	Potato, tater tot style (9 pieces)	160
Beef, ground, broiled (3 oz portion)	238	Ice cream, regular (1/2 cup)	130	Potato, sweet (1 small)	118
Beef, pot roast, roasted (3 oz portion)	284	Ice cream, rich (1/2 cup)	290	Pretzel snack mix (1/2 cup)	140
Beef, steak, broiled (3 oz steak)	185	Jelly or jam (1 tablespoon)	40	Pudding cup, any flavor (1/2 cup)	180
Bread, hamburger bun (1 medium)	180	Ketchup (1 tablespoon)	16	Raisins (1/4 cup)	112
Bread, hot dog bun (1 medium)	116	Lettuce, iceberg, fresh (1 cup)	10	Ravioli, beef (1 cup)	260
Bread, pita, wheat or white (1/2 pocket)	71	Macaroni and cheese (1 cup)	320	Ravioli, cheese (1 cup)	220
Bread, sandwich, wheat or white (1 slice)	70	Margarine (3 teaspoons or 1 tablespoon)	102	Rice cake (1 cake)	40
Broccoli, fresh (1 cup)	25	Mayonnaise (1 tablespoon)	100	Rice, brown or white, cooked (1/2 cup)	120
Brownie (1 piece)	160	Milk, 2% (1 cup)	120	Rice, fried (3/4 cup)	190
Burrito, bean and cheese (6 oz burrito)	350	Milk, whole (1 cup)	150	Salad dressing, ranch (2 tablespoons)	150
Butter (3 teaspoons or 1 tablespoon)	202	Milk drink, chocolate (1 cup)	238	Salad dressing, fat-free (2 tablespoons)	50
Cake, chocolate, frosted (1 cupcake-size)	188	Milk drink, hot chocolate/cocoa (1 cup)	147	Salsa, con queso (2 tablespoons)	90
Candy, chocolate bar (2 fun size)	190	Milk drink, milkshake (1 cup)	288	Salsa, picante (2 tablespoons)	10
Candy, hard (1 piece)	24	Muffin, any flavor (1 medium)	250	Snacks, cheese puffs, baked (3/4 cup)	140
Candy, jelly beans (10 small)	40	Mushrooms, cooked (1 cup)	77	Snacks, Cheetos-style (26 pieces)	150
Carrots, cooked (1/2 cup)	35	Nachos with cheese (8 chips)	345	Soft drink, cola (12-oz can)	150
Cauliflower, cooked (1/2 cup)	14	Noodles, egg, cooked (1 cup)	219	Soft drink, diet cola (12-oz can)	0
Celery, fresh (1 stalk)	10	Noodles, chow mein, cooked (1 cup)	237	Soup, cream style (1 cup)	130
Cereal, sweetened, dry (1 cup)	220	Noodles, rice, cooked (1 cup)	191	Soup, noodle style (1 cup)	70
Cereal, unsweetened, dry (1 cup)	110	Oatmeal, plain, cooked (1/2 cup)	73	Soup, vegetable (1 cup)	90
Cheese, American (1 slice)	95	Oil, cooking (1 tablespoon)	120	Soup, vegetable with meat (1 cup)	134
Cheese, Swiss (1 slice)	105	Olives, green (4 medium)	15	Sour cream (2 tablespoons)	60
Chicken, thigh, fried (1 piece)	162	Onion, fresh (1/2 cup, chopped)	21	Spaghetti sauce, vegetable (1/2 cup)	100
Chicken, thigh, roasted (1 piece)	153	Onion rings, fried (9 rings)	275	Spaghetti sauce, meat flavored (1/2 cup)	140
Chicken, breast, fried (1 piece)	218	Orange, fresh (1 medium)	60	Spinach, cooked (1/2 cup)	25
Chicken, breast, roasted (1 piece)	193	Orange juice (1 cup)	105	Squash, cooked and mashed (1/2 cup)	25
Chicken, nuggets (6 pieces)	290	Pancake, plain (1 4-in. pancake)	83	Strawberries, fresh (1/2 cup)	50
Chicken, deli sandwich (2 slices)	45	Pasta, cooked (1 cup)	200	Sugar, white (1 tablespoon)	45
Chili, with or without beans (1 cup)	300	Pastry, toaster-type, no icing (1 pastry)	200	Sunflower seeds (1/4 cup)	186
Cookie, chocolate chip (1 cookie)	78	Peach, fresh (1 medium)	38	Sushi, California or tuna roll (1 piece)	25
Cookie, chocolate sandwich (3 cookies)	170	Peaches, canned (1/2 cup)	100	Syrup, pancake (1/4 cup)	210
Cookie, oatmeal (2 cookies)	110	Pear, fresh (1 medium)	98	Syrup, pancake, lite (1/4 cup)	100
Cookie, vanilla wafer (8 cookies)	140	Peanuts (1/4 cup)	219	Tofu (1-in. slice or 3 oz)	50
Corn, cooked (1/2 cup)	67	Peanut butter (2 tablespoons)	188	Tortilla, corn or flour (1 tortilla)	140
Chips, any style (1 oz or about 15 chips)	150	Peas, canned (1/2 cup)	60	Taco, beef, prepared (1 small)	370
Corn dog, cooked (1 corn dog)	330	Peas, black-eyed with bacon (1/2 cup)	90	Taco salad (1 1/2 cups)	279
Cottage cheese (1/2 cup)	120	Peppers, banana or jalapeno (3 peppers)	11	Tamales, beef (3 small)	280
Cracker, graham (8 small squares)	120	Pickles, dill hamburger chips (5 pieces)	5	Tomato, fresh (1 cup sliced)	32
Cracker, saltine (1 cracker)	13	Pickles, sweet (3 small)	21	Tuna, canned in water (2 oz)	70
Cracker, wheat with peanut butter (1 pkg)	190	Pie, apple (1 slice or 1/6-slice of pie)	270	Turkey, without skin (1 cup)	238
Cream cheese (2 tablespoons)	100	Pineapple, canned (1/2 cup)	100	Yogurt, plain, low-fat (1 cup)	154
Doughnut, plain (1 medium)	150	Pizza, cheese (1/8 of 12-in. pie)	140	Yogurt, low-fat with fruit (1 cup)	250

**Note.** Calorie counts on prepared foods may be higher or lower depending on how the food is prepared and the different ingredients that may be added. Check package labels for specific information on prepared foods.