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### **Table E-1. Essential Elements of Weight Loss**

- The energy you get from consuming food should be less than the energy you expend.
- Caloric intake must be decreased to attain weight loss.
- Caloric reduction, regardless of macronutrient distribution, can result in weight loss.
- A diet based on the basic food groups may be safer and easier to follow on a long-term basis while providing adequate amounts of essential nutrients and limiting saturated and trans fats and cholesterol.
- Increased physical activity will use up more energy, which can help in weight reduction

Adapted from ASCM Position Stand "Appropriate Intervention Strategies for Weight Loss and Prevention of Weight Regain in Adults."

**Table E-2. Differences in Saturated Fat and Calorie Content of Commonly Consumed Foods**

<b>A Comparison of Saturated Fat in Some Foods</b>			
<b>Food Category</b>	<b>Portion</b>	<b>Saturated Fat Content in Grams</b>	<b>Calories</b>
<b>Cheese</b>			
• Regular cheddar cheese	1 oz.	6.0	114
• Low-fat cheddar cheese	1 oz.	1.2	49
<b>Ground beef</b>			
• Regular ground beef (25% fat)	3 oz. (cooked)	6.1	236
• Extra lean ground beef (5% fat)	3 oz. (cooked)	2.6	148
<b>Milk</b>			
• Whole milk (3.24%)	1 cup	4.6	146
• Low-fat (1%) milk	1 cup	1.5	102
<b>Breads</b>			
• Croissant (med)	1 medium	6.6	231
• Bagel, oat bran (4")	1 medium	0.2	227
<b>Frozen desserts</b>			
• Regular ice cream	½ cup	4.9	145
• Frozen yogurt	½ cup	2.0	110
<b>Table spreads</b>			
• Butter	1 tsp.	2.4	34
• <i>Trans</i> -free soft margarine	1 tsp.	0.7	25
<b>Chicken</b>			
• Fried chicken (leg)	3 oz. (cooked)	3.3	212
• Chicken breast	3 oz. (cooked)	0.9	140
<b>Fish</b>			
• Fried fish	3 oz.	2.8	195
• Baked fish	3 oz.	1.5	129

Source: ARS Nutrient Database for Standard Reference, Release 17

**Table E-3. Estimated Caloric Content of Alcoholic Beverages\***

Information on some typical drinks requested and consumed by Americans was collected from several online sources. An Internet search identified a Web site with consistent dietary information and recipes ([www.drinks.mixer.com](http://www.drinks.mixer.com)). Other potential resources (e.g., trade associations, consumer groups, company web sites) yielded little or no information on the caloric content of mixed drinks (made with liquor).

<b>Alcoholic Beverage</b>	<b>Beverage Serving Size</b>	<b>Number of Alcohol Servings/Beverage</b>	<b>Calories</b>
Beer <sup>+</sup>	12 oz	1	150
Light beer <sup>+</sup>	12 oz	1	110
Dark beer <sup>+</sup>	12 oz	1	168
Non-alcoholic beer <sup>+</sup>	12 oz.	1	70
Distilled spirit	1.5 oz.	1	100
Dry dessert wine <sup>+++</sup>	5 oz.	1	198
Sweet dessert wine <sup>+++</sup>	5 oz.	1	344
Red wine <sup>+++</sup>	5 oz.	1	105
White wine <sup>+++</sup>	5 oz.	1	100
Sparkling white wine <sup>+++</sup>	5 oz.	1	106
Amaretto sour <sup>++</sup> (Sweet and sour mix, almond amaretto liqueur, tequila, orange juice)	6 oz.	4	421
B-52 <sup>++</sup> (Kahlua coffee liqueur, amaretto almond liqueur, Bailey's Irish Cream)	1.5 oz.	1	91
Bloody Mary <sup>++</sup> (vodka, tomato juice, lemon juice, Worcestershire sauce, Tabasco sauce, lime)	4.6 oz.	1	120
Chocolate martini <sup>++</sup> (Vodka, crème de cacao)	2.5 oz.	1.67	188
Cosmopolitan <sup>++</sup> (vodka, triple sec, Rose's lime juice, cranberry juice)	2.5 oz.	1.67	131
Daiquiri <sup>++</sup> (light rum, limes, powdered sugar)	2.7 oz.	1	137
Gin and tonic <sup>++</sup> (gin, tonic water, lime)	7 oz.	1.33	189
Hurricane <sup>++</sup> (dark rum, light rum, orange juice, pineapple juice, grenadine, 151 proof rum,	10.4 oz.	3	384

Alcoholic Beverage	Beverage Serving Size	Number of Alcohol Servings/Beverage	Calories
cherries, pineapple, sugar)			
Irish Coffee <sup>++</sup> (Irish whiskey, coffee, sugar, whipped cream)	10.2 oz.	1	159
Kamikaze <sup>++</sup> (vodka, triple sec, lime juice)	3 oz.	1	180
Mai Tai <sup>++</sup> (dark rum, light rum, sweet and sour mix, grenadine, 151 proof rum, ice)	4.9 oz.	1.82	306
Manhattan <sup>++</sup> (whisky, vermouth, bitters)	2.1 oz.	1.33	132
Margarita <sup>++</sup> (coarse salt, lime, white tequila, triple sec, lime juice, crushed ice)	6.3 oz.	3	327
Martini <sup>++</sup> (gin, dry vermouth)	2 oz.	1.33	119
Mudslide <sup>++</sup> (Vodka, coffee liqueur, Irish cream, vanilla ice cream)	12 oz.	4	820
Pina colada <sup>++</sup> (Malibu rum, pineapple juice, cream)	8 oz.	2.13	312
Rum and coke <sup>++++</sup> (rum, cola)	12 oz.	2.67	361
Screwdriver <sup>++</sup> (vodka, orange juice)	7 oz.	1.33	208
Whiskey sour <sup>++</sup> (whiskey, lemon juice, powdered sugar, cherry, lemon slice)	3 oz.	1.33	125

\*Caloric content will vary by recipe.

+ Anheuser-Busch website. Available at [www.anheuser-busch.com](http://www.anheuser-busch.com). Accessed on June 2, 2004.

++ Drinkmixer Web site. Available at [www.drinkmixer.com](http://www.drinkmixer.com). Accessed on June 2, 2004.

+++ Calorie King. Available at: [www.calorieking.com](http://www.calorieking.com). Accessed on June 2, 2004.

++++ Recipe provided by [www.webtender.com](http://www.webtender.com) as "typical rum and coke recipe." Serving size is based on the recipe and calorie information was calculated with Coca-Cola calorie information and rum.

**Table E-4. How Portion Sizes Have Changed**

<b>Food Item</b>	<b>Calories per Portion 20 Years Ago</b>	<b>Calories per Portion Today</b>
Bagel	140 calories (3 in. diameter)	350 calories (6 in. diameter)
Fast food cheeseburger	333 calories	590 calories
Spaghetti and meatballs	500 calories (1 cup of spaghetti with sauce and 3 small meatballs)	1,025 calories (2 cups of spaghetti and 3 large meatballs)
Bottle of soda	85 calories (6.5 oz.)	250 calories (20 oz.)
Fast food French fries	210 calories (2.4 oz)	610 calories (6.9 oz)
Turkey sandwich	320 calories	820 calories (10 in. sub)

Adapted from the Portion Distortion Quiz on the NHLBI Web site.

### **Table E-5. Strategies to Reduce Calories in Your Diet**

- Instead of sugar-sweetened soft drinks, try a diet soda or water or at least reduce the amount of regular soft drinks you consume by 8 ounces (1 cup).
- Have a toasted English muffin with 2 teaspoons of no-sugar-added preserves instead of a croissant or sweet roll.
- Pick water-packed tuna instead of tuna packed in oil.
- Skip the cream-based or cheese sauce on your vegetables.
- Go for just a half cup of regular (10% fat) ice cream instead of rich (16% fat) or premium (18%–20% fat) ice cream.
- Follow the low-fat directions when preparing brownie, cake, and cookie mixes.
- Enjoy canned fruit packed in water or its natural juice instead of heavy syrup
- Lighten up your favorite coffee drink by requesting nonfat milk and using half the sugar or flavored syrup.

**For more examples, visit [www.amreicaonthemove.org](http://www.amreicaonthemove.org)**

**Table E-6. Kcals/Hour Expended in Common Physical Activities**

<b>Moderate Physical Activity</b>	<b>Kcals/hr for a 154 lb person<sup>1</sup></b>
Hiking	367
Light gardening/yard work	331
Dancing	331
Golf (walking and carrying clubs)	331
Bicycling (<10 mph)	294
Walking (3.5 mph)	279
Weight lifting (general light workout)	220
Stretching	184
<b>Vigorous Physical Activity</b>	<b>Kcals/hr for a 154-lb person<sup>1</sup></b>
Running/jogging (5 mph)	588
Bicycling (>10 mph)	588
Swimming (slow freestyle laps)	514
Aerobics	478
Walking (4.5 mph)	464
Heavy yard work (chopping wood)	441
Weight lifting (vigorous effort)	441
Basketball (vigorous)	441

<sup>1</sup>For a 154-lb individual, calories burned per hour will be higher for persons who weigh more than 154 lbs and lower for persons who weigh less.



**Table E-7. Daily Amount of Fruits and Vegetables by Calorie Level**

Calorie Level	Daily Amount of Fruits and Vegetables/Legumes (Also in Weekly Amounts)											
	1000	1200	1400	1600	1800	2000	2200	2400	2600	2800	3000	3200
<b>FRUITS</b> cups/day	1	1	1.5	1.5	1.5	2	2	2	2	2.5	2.5	2.5
<b>VEGETABLES</b> cups/day	1	1.5	1.5	2	2.5	2.5	3	3	3.5	3.5	4	4
<b>Dark green</b> cups/wk	1	1.5	1.5	2	3	3	3	3	3	3	3	3
<b>Orange</b> cups/wk	0.5	1	1	1.5	2	2	2	2	2.5	2.5	2.5	2.5
<b>Starchy</b> cups/wk	1.5	2.5	2.5	2.5	3	3	6	6	7	7	9	9
<b>Other</b> cups/wk	4	4.5	4.5	5.5	6.5	6.5	7	7	8.5	8.5	10	10
<b>LEGUMES</b> cups/wk	1.5	1	1	2.5	3	3	3	3	3.5	3.5	3.5	3.5

### **Table E-8. Which Fruits and Vegetables Provide the Most Nutrients?**

The lists below show which fruits and vegetables are the best sources of vitamin A (carotenoids), vitamin C, folate, and potassium. Often, the brighter the color, the higher the content of vitamins and minerals. Eat at least two servings of fruits and at least three servings of vegetables each day.

#### ***Sources of vitamin A (carotenoids)***

- Bright orange vegetables like carrots, sweet potatoes, and pumpkin
- Dark green leafy vegetables such as spinach, collards, and turnip greens
- Bright orange fruits like mango, cantaloupe, and apricots

#### ***Sources of vitamin C***

- Citrus fruits and juices, kiwi fruit, strawberries, and cantaloupe
- Broccoli, peppers, tomatoes, cabbage, and potatoes
- Leafy greens such as romaine, turnip greens, and spinach

#### ***Sources of folate***

- Cooked dried beans and peas
- Oranges and orange juice
- Deep green leaves like spinach and mustard greens

#### ***Sources of potassium***

- Baked white or sweet potato, cooked greens (such as spinach), winter (orange) squash
- Bananas, plantains, many dried fruits, and orange juice

**Table E-9. Ways To Increase Consumption of Fruits and Vegetables**

- Include one or more fruit or vegetable choice(s) at all meals and snacks.
- Toss fruit into your green salad for extra flavor, variety, color, and crunch.
- Frozen fruits and vegetables and canned fruit (in 100% fruit juice) or vegetables are perfect for busy lifestyles.
- Save time with pre-cut vegetables and salad mixes.
- Add apples, raisins, or pineapple chunks to deli salads like chicken, tuna, or pasta.
- Add frozen mixed vegetables to canned or dried soups.
- Make a quick smoothie using frozen fruit.
- Keep an easy-to-grab pre-washed bowl of fruit on the counter.
- At work keep dried fruit and nuts in your desk drawer for quick and easy.
- Try fajitas with red bell peppers, summer squash, and garlic.

Adapted from Produce for Better Health.  
[www.5aday.com/html/consumers/easyway.php](http://www.5aday.com/html/consumers/easyway.php), and  
[www.5aday.com/html/consumers/faqs.php#getmore](http://www.5aday.com/html/consumers/faqs.php#getmore)

**Table E-10. Whole Grains That Are Widely Available in the United States**

- Brown rice
- Bulgur (cracked wheat)
- Graham flour (coarsely ground whole wheat flour)
- Oatmeal
- Pearl barley
- Popcorn
- Whole grain corn
- Whole oats
- Whole rye
- Whole wheat

Note: Wheat flour, enriched flour, and degerminated corn meal are not whole grains.

**Table E-11. Ways To Increase Consumption of Milk and Milk Products**

- Include milk or milk products all meals and snacks.
- Add low-fat milk instead of water to oatmeal and hot cereals.
- Eat cereals with calcium added and with milk.
- Top bread with low-fat cheese and pop it under the broiler for a quick toasted cheese sandwich.
- Add low-fat or nonfat milk instead of water to creamed soups, such as tomato.
- Include milk and/or milk products in lunches for children.
- Serve hot chocolate made from low-fat milk and chocolate syrup.
- Cut up raw vegetables for dipping into a low-fat yogurt dip.
- Whip up fruit and yogurt smoothies in the blender.
- Try some pudding made with milk.
- Top salads, soups, and stews of fresh vegetables with low-fat shredded cheese.
- Use flavored yogurts as topping for fruit for dessert.
- Top a baked potato with low-fat yogurt or low-fat or non fat sour cream.

Adapted from NIH. [http://www.nichd.nih.gov/milk/whycal/helpful\\_tips.cfm](http://www.nichd.nih.gov/milk/whycal/helpful_tips.cfm).

**Table E-12. Comparison of 100 Grams of Whole-Grain Wheat Flour and Enriched, Bleached, White, All-Purpose Flour**

	<b><u>100 Percent Whole Wheat Flour</u></b>	<b><u>Enriched White Flour</u></b>
Calories, kcal	339.0	364.0
Dietary fiber, g	12.2	2.7
Calcium, mg	34.0	15.0
Magnesium, mg	138.0	22.0
Potassium, mg	405.0	107.0
Folate, DFE, mcg	44.0	291.0

Source: USDA Food Composition Database, SR-16.

**Table E-13. Tips for Finding Whole-Grain Information on Food Labels**

- Read the ingredient list on the food label. For many whole-grain products, the words *whole* or *whole grain* will appear before the grain ingredient's name. The whole grain should be the first ingredient listed.
- Wheat flour, enriched flour, and degerminated cornmeal are *not* whole grains. A list of some common whole grains found in the U.S. food supply are listed in Table E-10
- Look for the whole-grain health claim—"Diets rich in whole-grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may help reduce the risk of heart disease and certain cancers"—on food product labels. Foods that bear the whole-grain health claim must—
  - Contain 51 percent or more whole grains by weight
  - Be low in fat

**Table E-14. Maximum Daily Amounts of Saturated Fat To Consume To Keep Saturated Fat Below 10 Percent of Total Calorie Intake**

<b>Total Calorie Intake</b>	<b>Limit on Saturated Fat Intake</b>
1,600	18 g or less
2,000*	20 g or less
2,200	24 g or less
2,500*	25 g or less
2,800	31 g or less

\*Percent Daily Values on Nutrition Facts Labels are based on a 2,000-calorie diet. Values for 2,000 and 2,500 calories are rounded to the nearest 5 grams to be consistent with the Nutrition Facts Label.



**Table E-15. Dietary Sources of Saturated Fat Listed in Decreasing Order**

Food Group	Saturated Fat 1994–1996 (mean = 25.5 g)		
	Ranking	Percent Total	Percent Cumulative
Cheese	1	13.1	13.1
Beef	2	11.7	24.8
Milk	3	7.8	32.6
Oils	4	4.9	37.5
Ice cream/sherbet/frozen yogurt	5	4.7	42.2
Cakes/cookies/quick breads/doughnuts	6	4.7	46.9
Butter	7	4.6	51.5
Other fats*	8	4.4	55.9
Salad dressings/mayonnaise	9	3.7	59.6
Poultry	10	3.6	63.2
Margarine	11	3.2	66.4
Sausage	12	3.1	69.5
Potato chips/corn chips/popcorn	13	2.9	72.4
Yeast bread	14	2.6	75.0
Eggs	15	2.3	77.3

\*Shortening and animal fats

Adapted from Cotton PA, Subar AF, Friday JE, Cook A. Dietary Sources of Nutrients among U.S. Adults, 1994–1996. *JADA* 104:921-931; 2004 .

**Table E-16. Strategies for Decreasing Saturated Fat Intake**

Fats and oils

- Choose vegetable oils or *trans*-free soft margarine rather than solid fats (shortening, butter, and hard margarine).

Meat, poultry, fish, shellfish, eggs, beans, and nuts

- Choose very lean meats and trim the fat before eating.
- Remove the skin before eating chicken.
- Select lean ground beef.
- Limit intake of high-fat processed meats such as bacon, sausages, salami, bologna, and cold cuts.
- Use eggs yolks and whole eggs in moderation; use eggs whites and egg substitutes instead.

Dairy products

- Choose fat-free or low-fat milk, yogurt, and cheese.

**Table E-17. Dietary Sources of *Trans* Fat Listed in Decreasing Order**

Food Group	<i>Trans</i> Fat 1994–1996 (mean = 5.84 g)		
	Ranking	Percent Total	Percent Cumulative
Cakes, cookies, crackers, pies, bread, etc	1	40	40
Animal products	2	21	61
Margarine	3	17	78
Fried potatoes	4	8	86
Potato chips, corn chips, popcorn	5	5	91
Household shortening	6	4	95
Other*	7	5	

\* Includes breakfast cereal and candy. USDA analysis reported 0 grams of *trans* fat in salad dressing

Adapted from *Federal Register* notice. *Food Labeling; Trans Fatty Acids in Nutrition Labeling; Consumer Research To Consider Nutrient Content and Health Claims and Possible Footnote or Disclosure Statements; Final Rule and Proposed Rule*. Vol. 68, No. 133, p. 41433-41506, July 11, 2003.

**Table E-18. Dietary Sources of Cholesterol Listed in Decreasing Order**

<b>Food Group</b>	<b>Cholesterol 1994–1996 (mean = 270mg)</b>		
	<b>Ranking</b>	<b>Percent Total</b>	<b>Percent Cumulative</b>
Eggs	1	29.3	29.3
Beef	2	16.1	45.4
Poultry	3	12.2	57.6
Cheese	4	5.8	63.4
Milk	5	5.0	68.4
Fish/shellfish*	6	3.7	72.1
Cakes/cookies/quick breads/doughnuts	7	3.3	75.4
Pork (fresh unprocessed)	8	2.8	78.2
Ice cream/sherbet/frozen yogurt	9	2.5	80.7
Sausage	10	2.0	82.7

\*This category does not include canned tuna.

Adapted from Cotton PA, Subar AF, Friday JE, Cook A. Dietary Sources of Nutrients among U.S. Adults, 1994–1996. *JADA* 104:921-931; 2004.

**Table E-19. Major Sources of Added Sweeteners in the American Diet**

**Each of the food categories listed below provide more than 5 percent of the added sweeteners consumed in the United States.**

<b>Food Categories</b>	<b>Percent Contribution to Added Sweeteners</b>
Soft drinks	33.0
Sugars and candy	16.1
Sweetened grains, such cakes, cookies, pies	12.9
Fruit drinks, such as fruitades and fruit punch	9.7
Dairy desserts and milk products, such as ice cream, sweetened yogurt and sweetened milk	8.6
Other grains, such as cinnamon toast and honey-nut waffles	5.8

Source: Guthrie and Morton, *Journal of the American Dietetic Association*, 2000.

**Table E-20. Sugars That Appear on Food Labels**

• Brown sugar
• Corn sweetener
• Corn syrup
• Dextrose
• Fructose
• Fruit juice concentrate
• Glucose
• High-fructose corn syrup
• Honey
• Invert sugar
• Lactose
• Maltose
• Malt syrup
• Molasses
• Raw sugar
• Sucrose
• Syrup
• Table sugar

**Table E-21. Finding Added Sugars on Food Label Ingredient Lists**

**The ingredient list is usually located under the Nutrition Facts panel or on the side of a food label. Ingredients are listed in order by weight. The ingredient in the greatest amount by weight is listed first and the one in the least amount is listed last. For example, in the ingredient list below, corn syrup is the second ingredient listed and sugar is the third, which means that combined, these two sugars are main ingredients in the apple pie.**

**Baked Apple Pie**

Ingredient list: Apples, corn syrup, sugar, water, modified corn starch, dextrose, brown sugar, sodium alginate, spices, citric acid, salt, dicalcium phosphate. In a pastry consisting of enriched bleached wheat flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), vegetable shortening (partially hydrogenated soybean and/or cottonseed oil), water, sugar, less than 2 percent of salt, yeast, l-cysteine (dough conditioner), lecithin.

**Table E-22. Range of Sodium Content for Selected Foods in Milligrams**

<b>Food Group</b>	<b>Serving Size</b>	<b>Range</b>
Breads	1 oz	95 - 210
Frozen pizza	4 oz	710 - 1200
Frozen vegetables	1 c	95 - 300
Salad Dressing	2 Tbsp	110 - 400
Salsa	2 Tbsp	150 - 240
Soup (tomato)	8 oz	700 - 1100
Tomato juice	8 oz	480 - 800

Sources: Manufacturers. Foods were randomly selected on the grocery store shelf. Serving sizes were comparable.

Note: None of the examples provided were low- sodium products.



### Table E-23. Strategies for Reducing Sodium Intake

- At the store
  - Choose fresh, plain frozen, or canned vegetables without added salt most often; they are low in salt.
  - Choose fresh or frozen fish, shellfish, poultry, and meat most often. They are lower in salt than most canned and processed forms.
  - Read the Nutrition Facts Label to compare the amount of sodium in processed foods such as frozen dinners, packaged mixes, cereals, cheese, breads, soups, salad dressings, and sauces. The amount in different types and brands often varies widely.
  - Look for labels that say *low sodium*. They contain 140 mg (about 5% of the Daily Value) or less of sodium per serving.
  - Ask your grocer or supermarket to offer more low-sodium foods.
- Cooking and eating at home
  - If you salt foods in cooking or at the table, add small amounts. Learn to use spices and herbs, rather than salt, to enhance the flavor of food.
  - Go easy on condiments such as soy sauce, ketchup, mustard, pickles, and olives; they can add a lot of salt to your food.
  - Leave the salt shaker in a cupboard.
- Eating out
  - Choose plain foods like grilled or roasted entrees, baked potatoes, and salad with oil and vinegar. Batter-fried foods tend to be high in salt, as do combination dishes like stews or pasta with sauce.
  - Ask to have no salt added when the food is prepared.
- Any time
  - Choose fruits and vegetables often.
  - Drink water freely. It is usually very low in sodium. Check the label on bottled water for sodium content.

**Table E-24. Alternative Flavorings for Salt and Uses for These Flavorings**

<b>Food</b>	<b>Alternative Flavoring</b>
<b>Lean Meats</b>	Bay leaves, caraway seeds, chives, mustard, lemon juice, garlic, curry powder, onion, paprika, parsley, sage, thyme, allspice, turmeric
<b>Veal</b>	Thyme, mace, curry powder, nutmeg
<b>Lamb</b>	Basil, curry powder, dill, mace
<b>Lean pork</b>	Thyme, savory, rosemary, sage
<b>Poultry (chicken)</b>	Rosemary, nutmeg, mustard, lemon juice, ginger, dill, curry powder, bay leaves
<b>Lean ground meats</b>	Allspice, basil, mustard, savory
<b>Lean meat loaf</b>	Rosemary, nutmeg
<b>Stews</b>	Allspice, bay leaves, onion, sage, caraway seeds, basil
<b>Soups</b>	Thyme, savory, parsley, paprika, onion, basil, chives, curry powder, dill, garlic, bay leaves
<b>Breads</b>	Caraway seeds, nutmeg (toast), sage (biscuits), rosemary (stuffing), cinnamon, mace
<b>Salads</b>	Basil, dry mustard, savory, caraway seeds, chives, cider vinegar, garlic, lemon juice, dill, paprika, parsley, pimiento, onion, thyme
<b>Fruit</b>	Almond extract, ginger, cinnamon (especially apples), nutmeg, peppermint extract, mace, allspice (especially in peaches, applesauce, and cranberry sauce)
<b>Vegetables</b>	Lemon juice, chives, dill, cider vinegar, pimiento, parsley, dry mustard, garlic, mace, onion, paprika
<b>Tomatoes</b>	Allspice, bay leaves, curry powder, garlic, dill, thyme, savory, sage
<b>Potatoes</b>	Nutmeg, mace, garlic, dill, rosemary
<b>Onions</b>	Thyme, sage
<b>Green beans, lima beans, or peas</b>	Savory, sage, rosemary, thyme
<b>Pie crust</b>	Nutmeg, cinnamon
<b>Puddings</b>	Peppermint extract, almond extract, nutmeg
<b>Mayonnaise</b>	Curry powder, dry mustard
<b>Sauces</b>	Basil, turmeric, rosemary, thyme, chives, cider vinegar, paprika, parsley, dry mustard

**Table E-25. Moderate Drinking Definition**

What is drinking in moderation? <ul style="list-style-type: none"><li>• Moderation is defined as no more than one drink per day for women and no more than two drinks per day for men.</li></ul>
Count as one drink— <ul style="list-style-type: none"><li>• 12 ounces of regular beer</li><li>• 5 ounces of wine (12% alcohol)</li><li>• 1.5 ounces of 80-proof distilled spirits</li></ul>

## Table E-26. Tips for Those at High Risk of Foodborne Illness

Who is at high risk of foodborne illness?

What foods are high risk and support the growth of *Listeria monocytogenes*?

### Tips for Those at High Risk of Foodborne Illness

Who is at high risk of foodborne illness?

- Pregnant women and their fetuses
- Young children
- Older persons
- People with weakened immune systems or certain chronic illnesses
- Individuals with pre-existing illness

Which foods are associated with listeriosis and pose a high risk to certain high-risk and sensitive individuals?

- Some deli meats (excluding those that are very salty, such as some ham, or low in water activity, such as salami) and frankfurters that have not been reheated to steaming hot. Some ready-to-eat foods.

Besides following the guidance in this guideline, some of the *extra* precautions those at high risk should take are—

- Do not eat or drink unpasteurized juices, raw sprouts, raw (unpasteurized) milk, and products (such as cheese) made from unpasteurized milk.
- Do not eat raw or undercooked meat, poultry, eggs, fish, and shellfish (clams, oysters, scallops, and mussels).

New information on food safety is constantly emerging. Recommendations and precautions for people at high risk are updated as scientists learn more about preventing foodborne illness. If you are among those at high risk, you need to be aware of and follow the most current information on food safety.

For the latest information and precautions, call USDA's Meat and Poultry Hotline, 1-800-535-4555, or FDA's Food Information Line, 1-888-SAFE FOOD, or consult your healthcare provider. You can also get up-to-date information by checking the Government's food safety Web site at <http://www.foodsafety.gov>.

## Figure E-1. Adult BMI Chart

BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
Height	Weight in Pounds																
4'10"	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167
4'11"	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173
5'	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179
5'1"	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185
5'2"	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191
5'3"	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197
5'4"	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204
5'5"	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210
5'6"	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216
5'7"	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223
5'8"	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230
5'9"	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236
5'10"	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243
5'11"	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250
6'	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258
6'1"	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265
6'2"	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272
6'3"	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279

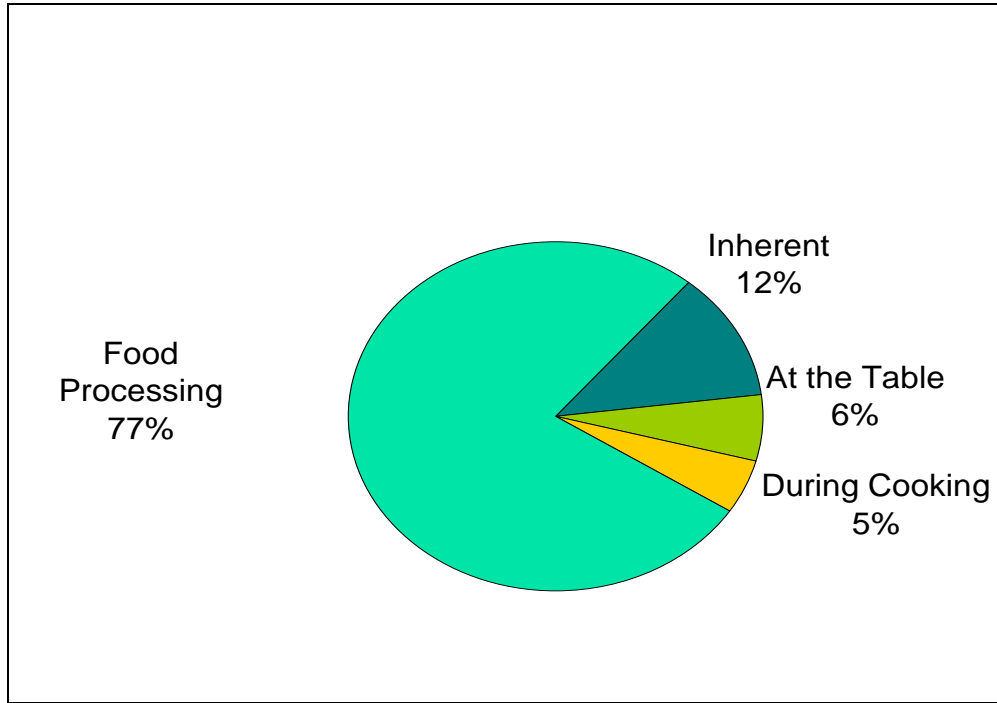
Healthy Weight

Overweight

Obese

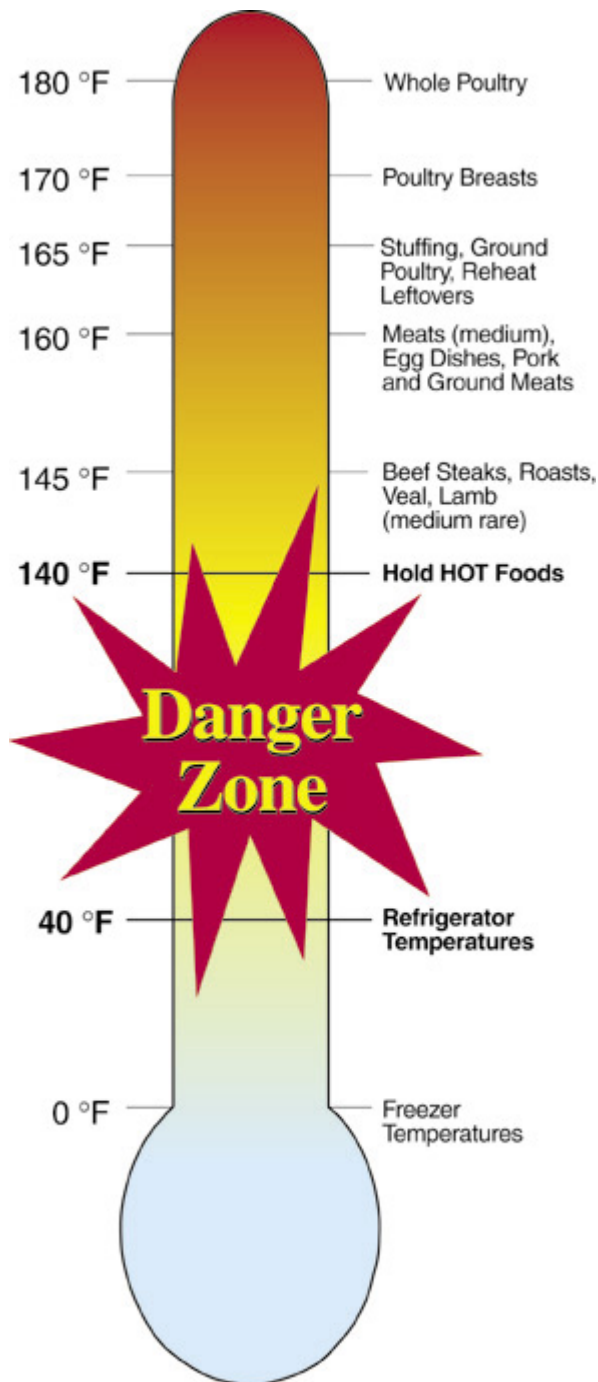
Source: Evidence Report of Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults, 1998. NIH/National Heart, Lung, and Blood Institute (NHLBI)

**Figure E-2. Sources of sodium in the diet**



Source: Mattes and Donnelly, 1991

**Figure E- 3 Temperature Rules for Safe Cooking**



<http://www.fsis.usda.gov/Frame/FrameRedirect.asp?main=http://www.fsis.usda.gov/OA/pubs/cfg/cfg.htm>