## Relative Food Values for your *StopJetLag* Plan

One of the common problems in trying to follow dietary guidelines is accurately judging portion sizes. The following tips should help you in evaluating the caloric and nutrient values in normal servings and to aid in arriving at comparable value food substitutions.

• Protein Foods - Meats, D 1 ounce of meat contai One slice turkey 1 oz. cheese 1/3 cup cottage ch 1 egg 1/2 cup lowfat pla 1 oz. tuna salad	nd 8 grams of Protein, which is roughly equivalent to: 1/3 cup legumes (cooked) such as peas, or navy, pinto, or lima beans 2 tsp. Peanut butter 2 ozs. Skinless light meat chicken or turkey 8 ozs. Skim milk or 6 ozs. lowfat milk 1 oz. sautéed fish (e.g., sea bass)									
- Be sure to have at least $2/3$ of your protein in the first half of the day										
• Carbohydrate Foods - Grains, Starchy Vegetables, Pasta 2 slices of bread contain about 120 calories and 11 grams carbohydrate, which is roughly equivalent to:										
1 cup of rice, pasta or potatoes 1 donut (plus cooking fat calories) 3/4 cup bran cereal			1 jigger of vodka, rum, whiskey or gin 1 1/2 dinner roll							
• Snack and Drinks - Calo 2 ozs. roasted pear 1 oz. bag potato ch 1 beer or 1 mixed 1 raw carrot 1 stalk celery	nuts 2 lips 1 drink 1	10 50	1 apple 1 banar 1 stick g Typical 1 cup p	na gum candy bar	80 105 7 150 55					
<ul> <li>Fast Foods and Prepared Dishes         <ul> <li>Big Mac</li> <li>4 oz. meat, 3 slices bread, 1 tsp. butter</li> <li>4 oz. meat, 2 slices bread, 1 tsp. butter</li> <li>536 calorie</li> <li>4 oz. meat, 2 slices bread, 1 tsp. butter</li> <li>536 calorie</li> <li>4 oz. meat, 2 slices bread, 1 tsp. butter</li> <li>536 calorie</li> <li>4 oz. meat, 2 slices bread, 1 tsp. butter</li> <li>536 calorie</li> <li>520 calorie&lt;</li></ul></li></ul>						alories alories alories alories				
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## Sample Meals for your StopJetLag Plan

Light Meal Day	Quantity	Calories	Protein	Carbo-	Fat
Breakfast Cereal, corn flakes Egg Milk, skim Bread, wheat Marmalade, Orange Orange juice Lunch	1-1/2 cup 1 egg 1 cup 1 slice 1 Tbsp. 1/2 cup <b>Totals:</b>	160 79 86 61 56 56 <b>498</b>	(grams) 3.6 6.1 8.4 2.3 0.2 <b>21</b>	hydrates (grams) 36.6 0.6 11.9 11.3 14.0 13.0 87	(grams) 5.6 0.4 1.0 0.1 <b>7</b>
Meat or meat substitute Baked potato String Beans Carrots Butter Bread, wheat Supper	2 oz. 1 medium 1 cup 1 cup 1 pat 2 slices <b>Totals:</b>	160 95 31 52 36 122 <b>496</b>	16.0 2.0 1.4 4.6 <b>26</b>	21.0 6.8 10.8 22.6 <b>61</b>	10.0 0.2 0.3 4.1 2.0 <b>17</b>
Meat or meat substitute Rice, white Broccoli Squash, Summer Bread, wheat Salad, lettuce, tomato, ch Salad dressing. low-fat It	talian 1 Tbsp. <b>Totals:</b>	16 <b>428</b>	8.0 1.0 4.7 2.2 2.3 2.7 <b>21</b>	22.0 6.8 8.4 11.3 8.5 0.7 <b>58</b>	5.0 0.5 0.2 1.0 0.3 1.5 <b>13</b>
	Daily Totals:	1422	68	206	36
Large Meal Day	Quantity	Calories	Protein	Carbo- hydrates	Fat
Breakfast Eggs Meat or meat substitute Toast whole-wheat Butter Milk, low-fat Orange juice Lunch Meat or meat substitute Baked potato Broccoli Carrots Butter Bread, wheat Snack Ice Cream Orange juice	2 eggs 2 oz. 3 slices 1 pat 1 cup 1/2 cup <b>Totals:</b> 6 oz. 2 medium 1 cup 1 cup 2 pat 2 slices <b>Totals:</b> 1 cup 1/2 cup	50 52 72 122 <b>966</b> 269 56	(grams) 12.2 16.0 6.0 8.1 0.8 <b>44</b> 48.0 5.0 4.7 1.4 4.6 <b>64</b> 4.8	(grams) 1.2 33.0 11.7 13.4 <b>60</b> 42.0 6.8 10.8 22.6 <b>83</b> 31.7 13.0	(grams) 11.2 10.0 3.0 4.1 4.7 0.1 <b>33</b> 30.0 0.5 0.3 8.2 2.0 <b>40</b> 14.3
Milk. Low-fat	1 cup Totals:	118 <b>443</b>	8.1 <b>14</b>	11.7 <b>57</b>	4.7 <b>19</b>
Supper Meat or meat substitute Rice, white String Beans Bread, wheat Butter Salad, lettuce, tomato, ch Salad dressing. regular I		80 206 50 61 108 ize 44 84 <b>645</b> <b>2765</b>	8.0 3.0 4.7 2.3 2.7 0.1 21 143	45.0 6.8 11.3 8.5 0.6 <b>79</b> 2 <b>79</b>	5.0 0.5 1.0 12.3 0.3 9.1 <b>27</b> <b>119</b>