Worksheet 16-1: Calculation of Calorie Count

A physician has ordered a calorie count for patient G.S. to determine if he is able to meet his nutrition needs via oral intake. G. S. suffered a stroke two weeks ago and has been disinterested in eating his meals. Use your knowledge of the ADA exchanges to estimate the amount of kcalories and protein G.S. consumed from the following record of his breakfast, lunch and dinner for today (round to the nearest whole number):

Calorie Count Record				
Food Item	Portion Served	Amount Eaten	Estimated Calories (kcal)	Estimated Protein (grams)
Breakfast				
Oatmeal	1 cup	50%	80	3
Whole milk	8 ounces	100%	150	8
Scrambled Eggs	2 large eggs	75%	112.5	10.5
Orange juice	8 ounces	100%	120	0
Lunch				
Tuna fish (for sandwich)	3 ounces	50%	82.5	10.5
Wheat bread	2 slices	50%	80	3
Mayonnaise	1 teaspoon	50%	22.5	0
Tomato soup	1 cup	0%	0	0
Peaches, canned	½ cup	75%	45	0
Vanilla ice cream	½ cup	100%	~~100 75~~ 170	~~3~~ 3
Dinner				
Roast beef	3 ounces	0%	0	0
Mashed potatoes	½ cup	25%	20	.75
Acorn squash	½ cup	50%	~~30~~ 40	2
Whole milk	8 ounces	100%	150	8
			≈1074	≈45

Table 2.7   Exchange Groups and Their Energy and Macronutrient Content

Exchange List	Calories	Carbohydrate (grams)	Fat (grams)	Protein (grams)	Serving Sizes
Starch/bread	80	15	Trace (0.5 to 1)	3	1 oz of bread ¼ cup dry, unsweetened cereal ½ cup cooked cereal 4–5 snack crackers ½ cup pasta or starchy vegetable ⅓ cup rice, grains, stuffings 1 cup soup ⅓ cup cooked beans, peas, lentils 3 cups popcorn without added fat
Meat and meat substitutes					
Lean meat	55	0	3	7	1 oz fish, poultry, lean beef (round sirloin, flank steak), processed hams, veal, cottage cheese, low-fat cheeses, lean luncheon meats
Medium-fat meat	75	0	5	7	1 oz of most beef and pork cuts, poultry with skin, skim-milk cheeses, 1 egg
High-fat meat	100	0	8	7	1 oz fried meats, poultry, or fish; 1 oz prime cuts of beef, corned beef, spareribs, regular cheeses, regular luncheon meats, sausages, hot dogs, and peanut butter
Vegetables	25	5	0	2	½ cup cooked vegetables ½ cup vegetable juice 1 cup raw vegetables
Fruits	60	15	0	0	1 small to medium fresh fruit ½ cup canned fruit ¼ cup dried fruit ⅓ – ½ cup fruit juice
Milk					
Nonfat and very-low-fat milk	90	12	0–3	8	1 cup skim, ½%, or 1% milk 1 cup nonfat or low-fat buttermilk ¾ cup (6 oz) plain nonfat yogurt 1 cup (8 oz) nonfat or low-fat artificially sweetened fruit flavored yogurt
Low-fat milk	120	12	5	8	1 cup 2% milk ¾ cup plain low-fat yogurt
Whole milk	150	12	8	8	1 cup whole milk ½ cup evaporated whole milk
Fat	45	0	5	0	1 tsp. margarine or butter 1 tbsp. reduced-calorie margarine 1 tsp. mayonnaise or oil 1 tbsp. regular salad dressing 2 tbsp. low-calorie salad dressing 2 tbsp. sour cream