

## A Little Discretion Can Mean A Lot

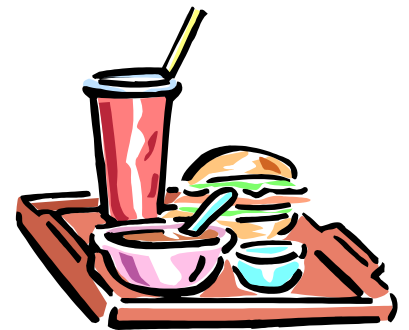
Here are two menus for approximately 2000 calories. The recommendation for discretionary calories is 267 calories. Notice how different food choices can use up and exceed the discretionary calories very quickly even at the same calorie level.

Breakfast #1			Breakfast #2		
Food	Calories	Discretionary Calories	Food	Calories	Discretionary Calories
½ grapefruit	60	0	8 oz. orange juice	112	0
8 oz. fat free milk	85	0	1 small blueberry muffin	185	45
2 slices whole wheat toast	140	0	8 oz. 2% (reduced fat) milk	125	40
½ cup oatmeal	73	0			
2 Tbs. peanut butter	190	0			
1 Tbs. low sugar fruit spread	42	42			
<b>Total</b>	<b>590</b>	<b>42</b>	<b>Total</b>	<b>422</b>	<b>85</b>
Lunch #1			Lunch #2		
Food	Calories	Discretionary Calories	Food	Calories	Discretionary Calories
3 oz. lean ground beef	165	0	3 oz. turkey	125	0
1 hamburger bun	123	0	1 croissant	230	95
lettuce and tomato	10	0	1 tsp. mustard	5	0
1 tsp. mustard	5	0	20 oz. regular soda	260	260
1 c. side salad	50	0	1 slice apple pie	310	250
1 Tbs. bleu cheese dressing	76	76			
1 pear	60	0			
Diet soda	5	5			
<b>Total</b>	<b>494</b>	<b>81</b>	<b>Total</b>	<b>930</b>	<b>605</b>

Supper #1			Supper #2		
Food	Calories	Discretionary Calories	Food	Calories	Discretionary Calories
3 oz. roast chicken	140	0	3 oz. fried chicken	247	107
1 baked sweet potato	117	0	½ cup mashed potato	135	0
½ c. peas and onions	62	0	¼ c. gravy	30	30
½ c. broccoli	25	0	½ c. green beans, seasoned with fatback	50	25
1 whole wheat dinner roll	84	0	1 biscuit	180	110
2 tsp. soft margarine	68	0	1 tsp. butter	35	35
2 chocolate chip cookies	135	70			
8 oz. fat free milk	85	0			
<b>Total</b>	<b>716</b>	<b>70</b>	<b>Total</b>	<b>677</b>	<b>307</b>
Snack			Snack		
Food	Calories	Discretionary Calories	Food	Calories	Discretionary Calories
1 c. vanilla yogurt	180	53	None		
1 cup strawberries	43	0			
<b>Total</b>	<b>223</b>	<b>53</b>			
<b>Grand totals</b>	<b>2023</b>	<b>246</b>		<b>2029</b>	<b>997</b>

## Examples of How Solid Fat and Sugar in Foods and Beverages Count Toward Discretionary Calories

- The fat in low-fat, reduced fat, or whole milk, milk products or cheese.
- The sugar in chocolate milk, ice cream, pudding, etc.
- The fat in higher fat beef or pork cuts, poultry with skin, higher fat lunch meats and sausages.
- Sugars added to fruits, fruit juices and fruits canned in syrup.
- Vegetables prepared with fats such as bacon, butter, fat-back, and other fats and with sugar.
- Sweetened cereals
- Higher fat crackers, pies and other pastries, cakes and cookies



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