

## Portion Sizes of 100-Calorie Free Choices

Plenty of “non-diet” foods can be enjoyed as Stage II free-choice treats. Brands differ, so always check the product label to work out exactly how much you can eat for your 100 calories. Here are some suggestions.

FOOD	APPROXIMATE PORTION FOR 100 CALORIES
Bagel, white	½ 3” bagel or ⅓ medium 4” bagel
Beer	1 cup
Bread, white	1 large slice
Cake, plain	1 ounce or ½ small slice
Chicken nuggets	2 nuggets
Chips, baked	10 Lay’s Crisps
Chips, regular	9 tortilla chips, 9 Pringles or 11 SunChips
Chocolate, dark or milk	4 Hershey’s Kisses, 2 Hershey’s Miniatures
Cocktail	¼ cup
Cookie	½ medium cookie
Doughnut, glazed	½ small doughnut
French fries	⅓ large or ¼ medium fries
Frozen yogurt, low-fat	⅓ cup
Frozen drink	⅔ cup Coolatta or ½ cup smoothie
Ice cream, premium	3 tablespoons
Ice cream, sugar-free	½ cup
Latte with low-fat milk	12 ounces
Macaroni and cheese	¼ cup
Mashed potato (no butter)	⅔ cup
Muffins	½ large muffin or 2 mini-muffins
Nuts, roasted	2 tablespoons
Pie	⅓ slice (slice = ⅛ of 9” pie)
Pizza, typical cheese	⅓ slice from 14” pizza, ⅓ personal pan
Pretzels, hard	3 rods, 15 tiny twists or 48 small sticks
Pretzel, soft	½ small or ⅓ large pretzel
Steak fries	6 fries
Trail mix	3 tablespoons
Wine	5 ounces