



# The HMR Calorie Guide<sup>SM</sup> FOR WEIGHT MANAGEMENT

	LOW CALORIE			MEDIUM CALORIE			HIGH CALORIE			
	1	2	3	4	5	6	7	8	9	10
<b>MEATS, POULTRY, FISH</b>			White fish Shellfish Egg substitute	Skinless white meat chicken  Lean cold cuts (e.g. turkey)	Dark fish Poultry Veggie burger Eggs	Lean red meat (e.g. tenderloin)	Hamburger Pork		Red meat (e.g. sirloin, prime rib) Sausage (e.g. salami) Fried fish, Fried chicken High-fat cold cuts (e.g. salami)	Bacon
<b>DAIRY</b>			Skim/1% milk Nonfat, sugar-free yogurt	Low-fat cottage cheese		Whole milk  Frozen yogurt Sweetened yogurt		Regular ice cream	Cheese Light cream	
<b>GRAINS &amp; BAKED GOODS</b>			Oatmeal Low-fat microwave popcorn	Cereal with skim/1% milk	Corn tortillas 100% Whole grain bread Brown rice	Pasta White bread  White rice	Pretzels Theater popcorn	Flour tortillas Pancakes Granola Muffins Crackers	Cakes Cookies Pastries Fried rice	Chips Chocolate Nuts
<b>PREPARED FOODS</b>	Broth	Water-based soups (meatless)	Stir-fry vegetables (no oil)	Tomato-based soups Turkey sandwich with mustard  Stir-fry chicken with vegetables (no oil)		Vegetarian chili Pasta w/low-fat marinara sauce	Cream-based soups Potato salad Cole slaw Tuna salad	Chili with meat Pizza	Fast food Burger with fries Pasta w/high-fat sauces (e.g. oil, meat, Alfredo)	Fried food Sweet and sour pork or chicken
<b>BEVERAGES</b>	Noncaloric beverages		Vegetable juice		Sweetened sports drinks	100% fruit juice	Sweetened fruit juice Soda Beer	Wine		Liquor, Liqueurs
<b>CONDIMENTS</b>	Soy sauce Salsa Mustard Sugar-free syrups		Light sour cream Ketchup Low-fat gravy		Low-calorie salad dressing	Sour cream Jelly	Sugar Cream cheese Cream sauce High-fat gravy		Salad dressing	Mayonnaise Butter Peanut butter Oil
<b>FRUITS</b>	Melon	Most Fruit	Bananas Unsweetened apple sauce	Avocado	Apple sauce		Dried fruit			
<b>VEGETABLES</b>	Leafy greens	Most Vegetables	Starchy vegetables	Beans (e.g. black, kidney)	Mashed potatoes	Baked beans	French fries			
<b>HMR WEIGHT-LOSS FOODS</b>	HMR mousse	Blended Shakes Chicken Soup	Entrees Multigrain Hot Cereal	HMR pudding		BeneFit® Bars				

17 CALS/OZ. AVG.

50 CALS/OZ. AVG.

100+ CALS/OZ. AVG.

**WEIGHT LOSS** ←  
(More food and higher volume for fewer calories)

→ **WEIGHT GAIN**  
(Less food and lower volume for more calories)

# Foods on the HMR Calorie Guide are listed on a scale of 1–10 THE HIGHER THE NUMBER, THE HIGHER THE CALORIES

## The 1–3s LOW CALORIE

These are the lowest-calorie foods you can eat. Because they have so few calories, you can eat a lot of them and still lose weight. These represent some of the healthiest and most nutritious foods.

## The 4–6s MEDIUM CALORIE

These include many healthy foods that can lower your calorie intake. However, because they are often eaten in large portions and are frequently combined with the 7–10s, they may contribute to weight gain.

## The 7–10s HIGH CALORIE

The American diet is composed of mostly 7–10s. This is a weight-gain diet. Because of how many calories these foods have, you don't have to eat much of them to gain weight.

Shift your high-calorie 7–10s to lower-calorie 1–3s and 4–6s to manage your weight.

### What you NEED TO KNOW

You don't have to eat less to weigh less. In fact, eating more 1–3s gives you more food for far fewer calories—which is the secret to losing weight and keeping it off: eat more and weigh less.

### To lose weight AND KEEP IT OFF

- Eat more 1–3s. They will crowd out other higher-calorie, less healthy foods.
- Shift more of your food choices from the 7–10s to the 1–3s and 4–6s. This is the best way to lower your daily calorie intake and lose weight—without needing to eat less. Even small changes can have big results!
- Combining 4–6s with more 1–3s, rather than 7–10s, allows you to still eat foods such as pasta, rice, and different types of lean protein, but for fewer calories.
- Add physical activity. It will help you lose weight more quickly, and it is critical to helping you maintain your weight loss long-term.

### Protect YOUR HEALTH

Eating a diet of primarily 1–3s combined with 4–6s is the best way to lose weight and keep it off. These also represent the healthiest and most nutritious foods. Improving your nutrition, losing weight, and doing more physical activity, may reduce your risk for many of today's common health problems (e.g., diabetes, heart disease, certain cancers, etc.) and may significantly improve your overall health.

**How Foods Are Assigned a Number on the Chart:** The foods on this page are assigned a calorie “ranking” from 1 to 10 to indicate the impact of each food on body weight. The higher the calorie ranking, the more likely the food is to cause weight gain. The calorie ranking of each food represents a combination of the food's actual calorie content and the quantity in which the food is typically eaten; i.e., if usually eaten in larger quantities, the food shifts to a higher number on the chart. For example, while high-fat gravy and jelly have the same calorie value per tablespoon, gravy is likely to be used in far greater amounts than jelly and thus is assigned a higher calorie ranking on the chart. Many foods have a wide range of calorie values. For these foods, a number was assigned on the chart that represents an approximate average.