



THE HMR CALORIE GUIDE®

	LOW CALORIE			MEDIUM CALORIE			HIGH CALORIE				
	1	2	3	4	5	6	7	8	9	10	
MEATS, POULTRY, FISH		Egg whites	White fish Shellfish Egg substitute Tofu	Skinless white meat chicken Lean cold cuts (e.g., turkey)	Dark fish Poultry Veggie burger Eggs	Lean red meat (e.g., tenderloin, ground beef 90% lean)	Hamburger Pork		Red meat (e.g., sirloin) Fried fish, Fried chicken High-fat cold cuts (e.g., salami)	Sausage Bacon	
DAIRY			Skim/1% milk Nonfat, sugar-free yogurt	Low-fat cottage cheese		Whole milk Frozen yogurt Sweetened yogurt		Regular ice cream		Cheese Light cream	
GRAINS & BAKED GOODS			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
PREPARED FOODS	Broth	Water-based soups (meatless)	Stir-fry vegetables (no oil)	Tomato-based soups Turkey sandwich with mustard Stir-fry chicken & veggies (no oil)		Vegetarian chili Pasta w/low-fat marinara sauce	Cream-based soups Potato salad Coleslaw Tuna salad	Chili with meat Pizza	Fast food Burger with fries Pasta with high-fat sauce (e.g., oil, meat, Alfredo)	Fried food	
BEVERAGES	Noncaloric beverages		Vegetable juice		Sweetened sports drinks	100% Fruit juice	Sweetened fruit juice Soda Beer	Wine		Liquor, Liqueurs	
CONDIMENTS	Soy sauce Salsa Mustard Sugar-free syrups Vinegars		Light sour cream Ketchup Low-fat gravy		Low-calorie salad dressing	Sour cream Jelly	Sugar Cream cheese Cream sauce High-fat gravy		Salad dressing	Oil Mayonnaise Butter Peanut butter	
FRUITS	Melon	Most fruit	Bananas Unsweetened apple sauce	Avocado	Apple sauce		Dried fruit				
VEGETABLES	Leafy greens	Most vegetables	Starchy vegetables	Beans (e.g., black, kidney)	Mashed potatoes	Baked beans		French fries			
HMR FOODS	HMR ice cream	Blended shakes Chicken soup	Entrees Multigrain hot cereal	HMR pudding		HMR Bars					

17 cal/oz average

50 cal/oz average

100+ cal/oz average

WEIGHT LOSS

More food. Higher volume. Less calories.



WEIGHT GAIN

Less food. Lower volume. More calories.

HOW TO USE THE HMR CALORIE GUIDE

FOODS ON THE CALORIE GUIDE ARE ON A SCALE OF 1-10

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*. Also, many foods have a wide range of calorie values. For these foods, a number was assigned on the chart that represents an approximate average.

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.

EAT MORE AND WEIGH LESS

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.

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.

TO LOSE WEIGHT & 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.

*As an 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.