

# EATING OUT POINTS GUIDE

## Restaurant and ethnic Chinese food

Food	Portion	POINTS
<b>Chinese vegetables with:</b>		
• Beef	1 cup	6
• Chicken	1 cup	5
• Pork	1 cup	7
• Shrimp or Tofu	1 cup	4
<b>Egg drop soup</b>	1 cup	1
<b>Egg rolls:</b>		
• Beef or Pork	1 (4 1/2" long)	5
• chicken or shrimp	1 (4 1/2" long)	4
<b>Hot and sour soup</b>	1 cup	2
<b>Lo mein, any type</b>	1 cup	8
<b>Rice, fried, with beef, chicken, pork, shrimp, or plain</b>	1 cup	8
<b>Spareribs, Chinese, barbecued</b>	2 (each 4" long)	4
<b>Soy sauce</b>	1 tbsp	0
<b>Stir-fry with garlic or black bean sauce</b>		
• beef or pork	1 cup	8
• chicken or shrimp	1 cup	7
<b>Sweet and sour:</b>		
• beef or pork	1 cup	12
• chicken or shrimp	1 cup	10
• sweet and sour sauce	1 tbsp	2

## Fast Food

Food	Portion	POINTS
<b>Bean burrito</b>	1	6
<b>Cheeseburger on bun</b>	1 small	8
<b>Chicken pieces (nugget-style), fried</b>	6 pieces	8
<b>Chicken sandwich, grilled</b>	1	6
<b>Fish and cheese sandwich, fried</b>	1	13
<b>Hamburger on bun</b>	1 small	6
<b>Milk shake, any flavor</b>	1	10
<b>Onion rings</b>	1 serving	10
<b>Side salad, without dressing</b>	1	0
<b>Beef taco, hard or soft</b>	1	5

### Hispanic Food

Food	Portion	POINTS
<b>Beans, refried</b>	1/2 cup	3
<b>Burritos, bean</b>	1 medium (8") 1 small (6")	8 5
<b>Enchiladas:</b>		
• beef or pork	2	11
• cheese	2	10
• chicken	2	9
<b>Fajitas:</b>		
• beef	2	12
• chicken	2	8
• pork	2	13
<b>Guacamole</b>	1/2 cup	2
<b>Nachos, cheese</b>	4	8
<b>Quesadilla, cheese</b>	1 (1/2 of 6" diameter)	5
<b>Salsa</b>	1/2 cup	0
<b>Spanish rice</b>	1 cup	5
<b>Tortillas:</b>		
• corn	2 (4" diameter), 1 (6" diameter), 1/2 (10" diameter), or 1 oz	1
• flour	2 (4" diameter), 1 (6" diameter), 1/2 (10" diameter), or 1 oz	2
<b>Tortilla chips</b>	12 (1 oz)	3
<b>Tostadas:</b>		
• beef	1	10
• chicken	1	8

### Italian Food

Food	Portion	POINTS
<b>Biscotti</b>	8 mini, 2 small, or 1 regular (1 oz)	3
<b>Chicken parmigiana, with sauce</b>	5 oz with 1/2 cup sauce	10
<b>Eggplant parmigiana, with sauce</b>	1 serving (3" x 4")	13
<b>Garlic bread</b>	1 slice (1 oz)	5
<b>Lasagna, with meat</b>	1 serving (4" x 2 1/2") or 1 cup	6
<b>Marinara sauce</b>	1/2 cup	3
<b>Pasta, cooked</b>	1 cup	4
<b>Pizza, cheese, thin crust</b>	1 slice (1/8 of 12", 1/10 of 14", or	4

	1/12 of 16"	
<b>Pizza, one-meat topping, thin crust</b>	1 slice (1/8 of 12", 1/10 of 14", or 1/12 of 16")	5
<b>Ravioli, with tomato sauce:</b>		
• cheese	8 pieces with 1/2 cup sauce	16
• meat	8 pieces with 1/2 cup sauce	14
<b>Spaghetti, cooked</b>	1 cup	3
<b>Spaghetti with marinara sauce</b>	1 cup spaghetti with 1/2 cup sauce	6
<b>Spaghetti with tomato sauce and meatballs</b>	1 cup spaghetti, 1/2 cup sauce, and 2 meatballs	16
<b>Tortoni</b>	1 serving	7
<b>Veal parmigiana, with sauce</b>	5 oz with 1/2 cup sauce	12
<b>Ziti, baked (without meat)</b>	1 cup	6

#### Japanese food

<b>Food</b>	<b>Portion</b>	<b>POINTS</b>
<b>Rice, fried, plain</b>	1 cup	8
<b>Sushi, maki, nigiri, or nori maki</b>	4 pieces	2
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<b>Tempura:</b>		
•shrimp	4 jumbo shrimp	12
• vegetable	1 cup	8
<b>Teriyaki:</b>		
• beef	2 slices (4 oz)	7
• chicken	2 slices (4 oz)	6
• fish	(4 oz)	5
• sauce	1/4 cup	1

#### Jewish food

<b>Food</b>	<b>Portion</b>	<b>POINTS</b>
<b>Bagel, any type</b>	1 small or 1/2 large (2 oz)	3
<b>Bagel, with cream cheese and lox</b>	1 large	12
<b>Blintz, cheese</b>	1	5
<b>Knish, potato</b>	1 (3 1/2" square)	6
<b>Matzo</b>	1 board	2

**Middle Eastern food**

<b>Food</b>	<b>Portion</b>	<b>POINTS</b>
<b>Falafel in pita</b>	1 large pita with 4 falafel patties	10
<b>Falafel patties</b>	4 (each 2" diameter)	7
<b>Hummus</b>	1/4 cup	3
<b>Pita, any type</b>	1 small or 1/2 large (1 oz)	1
<b>Tabouli</b>	1/2 cup	4
<b>Tahini</b>	2 Tbsp	2