Appendix I: Food Pictures Used by PAs
Round Steak (lean only)

One Piece this size: About 160 calories
EQUALS 3 OZ. EDIBLE PORTION - COOKED

Roast Beef Round (lean only)

2 Slices this size: About 160 calories
EQUALS 3 OZ. EDIBLE PORTION - COOKED

Serving sizes adapted
From: Calories and Your Weight
Pork Chop (lean only)

This Thick

2 Chops this size (fat removed): About 230 calories
EQUALS 3 OZ. EDIBLE PORTION - COOKED

Roast Turkey (no skin)

This Thick

2 Slices of light meat this size: About 150 calories
2 Slices of dark meat this size: About 175 calories
EQUALS 3 OZ. EDIBLE PORTION - COOKED

Serving size adapted from: Calories and Your Weight
The USDA Pocket Guide
Veal Cutlet (trimmed)

One Cutlet this size: About 185 calories
EQUALS 3 OZ EDIBLE PORTION - COOKED

Ham (lean only)

2 Slices this size: About 160 calories
EQUALS 3 OZ EDIBLE PORTION - COOKED

Hamburger Patty (Lean)

1 Patty this size: 185 Calories
EQUALS 3 OZ PORTION - COOKED

Serving Sizes adapted from:
Calories and Your Weight
The USDA Pocket Guide