



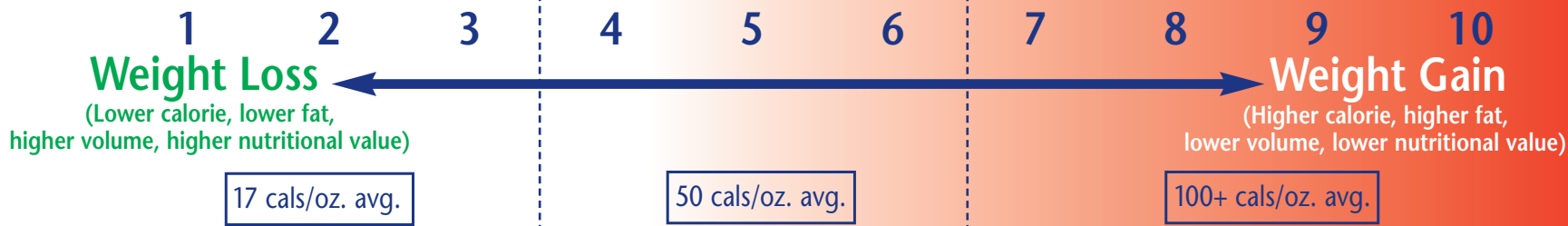
The Simplified HMR Calorie SystemSM

Weight Loss ←

→ **Weight Gain**

1 2 3 4 5 6 7 8 9 10

Meat, Poultry, Fish, Dairy	Nonfat sugar-free yogurt Skim/1% milk	White fish Shell fish Low-fat cottage cheese		Eggs Poultry Dark fish Veggie burger		Lean red meat Hamburger Lean ham		Fried fish Fried chicken Red meat Cheese	
Grains & Baked Goods		Oatmeal	Whole grain bread	White bread	Pasta Rice	Cereal	Muffins Crackers	Cakes Cookies Pastries Candy	Chips Nuts
Beverages	Noncaloric beverages					Juice, Soda, Beer, Wine		Cream, Liquor, Liqueurs	
Condiments	Ketchup Mustard	Salsa	Low-calorie sour cream Low-calorie salad dressing		Sour cream Jelly	Cream cheese Cream sauce Gravy	Salad dressing	Mayonnaise, Butter Peanut butter, Oil	
Prepared Foods & Misc.	Water-based soups		Pasta w/low-fat sauces Tomato-based soups		Baked beans	Tuna salad Chicken salad	Pasta w/high-fat sauces Fast food, Fried food Pizza Ice cream		
More Is Better™	Fruits								
	Vegetables								
	HMR Weight-loss foods		HMR Shakes, Multigrain Hot Cereal, Entrees, BeneFit® Bars						



Important Points for Managing Your Weight

Foods on The Simplified HMR Calorie System are listed on a scale of 1–10. The higher the number, the higher the calories.

- ◆ Two-thirds of Americans are overweight or obese because the American diet is comprised mostly of 7s, 8s, 9s and 10s—this is a weight gain diet.
- ◆ To lose weight, you have to eat more 1s, 2s and 3s to bring your average daily calories down.
- ◆ To maintain your weight loss, you still have to eat enough 1s, 2s and 3s to keep your average daily calories lower.
- ◆ Because of today's larger food portions, 4s, 5s and 6s may also contribute to weight gain—along with the 7s, 8s, 9s and 10s.
- ◆ On a positive note, the portion sizes of the 1s, 2s and 3s almost don't matter. In fact, the more of them you eat, the more you'll lose because they take the place of higher calorie foods.
- ◆ 4s, 5s and 6s are most effective for weight management when combined with 1s, 2s and 3s.
- ◆ Research shows that the weight or volume of food (i.e., how much one eats) is a determining factor as to when people stop eating.
 - Therefore, you can "fill up" on the 1s, 2s and 3s for far fewer calories.
 - Conversely, it only takes a few 7s, 8s, 9s and 10s to gain weight.
- ◆ Not only are the lower numbers the only way to lose weight and keep it off, they represent the healthiest and most nutritious foods. The research is clear—many of today's health problems could be prevented or "cured" by simply changing to a healthier diet, i.e., lower calorie numbers.

How Foods are Assigned a Number on the Chart

The foods on this page are assigned a calorie "ranking" from 1–10 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 gravy and jelly have the same calorie value per tablespoon, gravy is more likely to be used in far greater amounts than jelly and thus is assigned a higher calorie ranking on the chart.

Many foods (e.g., cereal) have a wide range of calorie values. For these foods, a number was assigned on the chart that represents an approximate average.

The calorie average of the 1s, 2s and 3s is very low. How was it determined?

1. Shakes and cereal were made exactly by the package directions.
2. Shakes and cereal were weighed, therefore the "calories per ounce average" represents weight ounces, not volume ounces.
3. When fruit is included, one full cup measure was used.
4. Entrees were combined with veggies to create a 3–4 cup plate of food.
5. All other 1s, 2s and 3s also have an approximate 17 cal/oz. avg.

