



An HMR® Program

My food isn't on the Calorie Guide. Where should it be?

Most of the foods you want to eat will already be printed on the HMR© Calorie Guide so you know how to approach them. If you are unsure where a specific food is located, you can try to find a similar option, or using these values you can estimate where it should be for yourself.

All of the ranges in this guide assume that the food is already cooked. If you are unsure how the food is cooked, it's safest to assume it is one category higher than it usually is. For example, if you order pasta at a restaurant, it's normally in the blue (4-6) section. You should assume it might have butter or cheese, so act as if it is in the red (7-10) section instead.

Proteins

White 1-3s: Under 30 calories per ounce (30 cal/30 g)

Blue 4-6s: Between 31 and 69 calories per ounce (31-69 cal/30 g)

Red 7-10s: Over 70 calories per ounce (70 cal/30 g)

Grains

White 1-3s: Under 120 calories per cup (120 cal/250 mL)

Blue 4-6s: Between 121 and 225 calories per cup (121-225 cal/250 mL)

Red 7-10s: Over 226 calories per cup (226 cal/250 mL)

Sauces/Spices

White 1-3s: 0 calories

Blue 4-6s: 1-15 calories per TBSP (1-240 cal/cup, 1-100 cal/100 g, 1-100 cal/100 mL)

Red 7-10s: Over 16 calories per TBSP (241 cal/cup, 101 cal/100 g, 101 cal/100 mL)

Drinks/Beverages

White 1-3s: Less than 10 calories per 8 oz (5 cal/100 mL, 50 cal/L)

Blue 4-6s: None (beverages add up too quick and become too dangerous)

Red 7-10s: More than 10 calories per 8 oz (5 cal/100 mL, 50 cal/L)