



No winners yet in calorie count contest

IT WAS a contest that nobody won. Our "Health Options" column on New Year's Day launched a contest challenging readers to propose common objects that would serve as examples of food measures (such as a tablespoon) and simplify calorie counting. We requested that the objects be widely used and readily recognized by most people. Also, the objects could not be things that come in different sizes -- such as end of a thumb, a computer mouse, etc.

This might seem like an easy task, but we did not get any entries that met all of the contest criteria. So the contest is extended until we receive entries that are good descriptions of the classic volumes described in our New Year's Day article. Without a winner, we decided to try another approach to simplify calorie counting.

While watching Michelle Wie in the Sony Open, we came up with the "Golf Diet," based on the amount of calories in a golf-ball-size amount of various types of foods. If you have handled a golf ball, it is fairly easy to picture an amount of a food equivalent to the size of a golf ball. Knowing how

many calories are in that amount of a variety of foods can simplify estimating calorie intake from a meal.

The volume of a golf ball is 40.7 milliliters or 2.7 tablespoons. Here is a list of the approximate number of calories for various foods in golf-ball-size portions:

Food	Calories
Vegetable oil	320
Peanut butter	250
Chocolate bar	200
Cheddar cheese	160
Cream cheese	130
Mozzarella cheese	120
Spam	85
Bread	65 to 85
Fruits, dried	50 to 80
Ground beef 15% fat	65
Rich ice cream	60
Chicken thigh w/skin	60
Chicken thigh/no skin	50
Tuna, canned in oil	50
Potato salad	45
Chicken breast with	45

skin	
Poi	40
Oatmeal, flavored	40 to 50
White rice	40
Beans, canned	35 to 50
Chicken breast/no skin	40
Reduced fat ice cream	35
Brown rice	35
Cottage cheese, 2% fat	35
Tuna, canned in water	30
Spaghetti noodles	30
Breakfast cereals	10 to 35
Fruits, fresh	20 to 30
Vegetables.	0.2 to 10

The contest is still open. Prizes range from \$25 to \$100. See the rules in the Jan. 1 "Health Options" article at www.starbulletin.com.

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