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EATING OUT POINTS GUIDE

Restaurant and ethnic
Chinese food

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

Fast Food

Food	Portion	POINTS
Bean burrito	1	6
Cheeseburger on bun	1 small	8
Chicken pieces (nugget-style), fried	6 pieces	8
Chicken sandwich, grilled	1	6
Fish and cheese sandwich, fried	1	13
Hamburger, plain	1 small	6

Milk shake, any flavor	1	10
Onion rings	1 serving	10
Side salad, without dressing	1	0
Beef taco, hard or soft	1	5

Hispanic Food

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

Italian Food

Food	Portion	POINTS
Biscotti	8 mini, 2 small, or 1 regular (1 oz)	3
Chicken parmigiana, with sauce	5 oz with 1/2 cup sauce	10
Eggplant parmigiana, with sauce	1 serving (3" x 4")	13
Garlic bread	1 slice (1 oz)	5
Lasagna, with meat	1 serving (4" x 2 1/2") or 1 cup	6
Marinara sauce	1/2 cup	3
Pasta, cooked	1 cup	4
Pizza, cheese, thin crust	1 slice (1/8 of 12", 1/10 of 14", or 1/12 of 16")	4
Pizza, one-meat topping, thin crust	1 slice (1/8 of 12", 1/10 of 14", or 1/12 of 16")	5
Ravioli, with tomato sauce:		

• chicken	2 slices (4 oz)	6
• fish	(4 oz)	5
• sauce	1/4 cup	1

Jewish food

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

Middle Eastern food

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