

## High Calorie Ingredients

**Below are some high calorie ingredients to add to your food:**

Ingredient	Serving size and calories
Whole Milk **	1 cup = 150 calories
Butter or Margarine	1 T = 100 calories
Grated Cheddar Cheese	1 T = 40 calories
Grated Parmesan Cheese	1 T = 25 calories
Colby Jack Cheese	1 slice = 110 calories
Cheddar Cheese	1 slice = 110 calories
Mozzarella Cheese	1 slice = 90 calories
Cottage Cheese	½ cup = 100 calories
Cream Cheese	1 T = 50 calories
Cheese Sauce	1/4 cup = 200 calories
Alfredo Sauce	½ cup = 200 calories
Cream Soup	1 cup = 150-230 calories
Nonfat Dry Milk Powder **	1 T = 15 calories
Heavy Cream	1 T = 50 calories
Half & Half	1 T = 20 calories
Whipped Cream	1 T = 25 calories
Sour Cream	1 T = 30 calories
Custard (Whole Milk)	½ cup = 125 calories
Regular Ice Cream	½ cup = 140 calories
Premium Ice Cream	½ cup = 185 calories
Snack Pack Pudding	½ cup = 160 calories
Plain Yogurt (made with Whole milk)	6 oz=130 calories

Fruited Yogurt (NOT Light)	6 oz=170 calories
Frozen Yogurt	½ cup = 110 calories
Ranch Dressing	1 T = 70 calories
Beef Gravy	½ cup = 60 calories
Mayonnaise	1 T = 100 calories
Sliced Avocado	½ cup = 115 calories
Hummus	1 T = 25 calories
Olive Oil	1 T = 120 calories
Peanut Butter**	1 T = 95 calories
Egg**	1 large = 80 calories
Rice Cereal	1 T = 15 calories
Brown Sugar	1 T = 50 calories
Sugar	1 T = 50 calories
Pancake Syrup	1 T = 50 calories
Jelly	1 T = 50 calories
Chocolate Syrup	1 T = 50 calories
Canned Fruit (Heavy Syrup)	½ cup= 100 calories
Wheat Germ	1 T = 25 calories
Honey**	1 T = 65 calories

\*\*Not for Children under 1 Year of Age

T = Tablespoon

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Reviewed by: Nutrition Education Materials Task Force

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