

# Calories and Fat Content of Our Common/ Daily Foods

Item	Fat Grams	Calories
1 TBSP Butter	11	100
1 TBSP Oil	14	120
1/4 cup juice	0	30
Apple Sauce	0	50
Baby Spinach (1/4 cup)	0	1.66
Barilla Plus Spag. (1/7 box)	2	210
Campbell's Double Noodle Soup (1/2 c)	1.5	100
Carnation Instant Breakfast (1/2 pkg)	0	65
Carnation Instant Breakfast (1pkg)	0	130
Carrot 1 small	0	0
Cheerios (3/4 cup)	1.5	80
Chips Ahoy 2 cookies	4.5	95
Clifford Crunch (1 cup)	1	100
DHA Vitamin Drops	2.5	23
Earth's Best Sweet Pot. Cin. Bisque (6 oz)	4.5	140
Egg (1)	4	70
Gala Apple	0	80
Gerber Sweet Potatoes (1 pkg)	0	45
Gerber Sweet Potatoes (1/2 pkg)	0	22.5
Gold Fish (1 Bag)	7	200
Home Made Pancakes	5	114
Horizon Half and Half (1/2 c)	12	140
Horizon Half and Half (2 tbsp)	3	35
Horizon Whipping Cream (1 TBSP)	5	50
Horizon Whipping Cream (1/2 C.)	40	400
Horizon Whole Milk (1 cup)	8	150
Kings Hawaiian Rolls	2	90
Kraft shredded Cheddar Jack (1/4 c)	9	110
Lays Potatoe Chips	10	150
McDonald's Hash Browns	9	150
Mission Tortilla	2.5	110
Mrs. Smith's Honey Bun	13	220
Nutrigrain Pancake	2.33	80
Nutrigrain Waffle	3	90
Nutripals Bar	4.5	160
Pediasure (4 oz)	5.9	118.5
Pediasure (8 oz)	11.8	237
Ramen	7	190
Ritz Crackers (5)	4.5	80
Shredded Cheese (1/4 cup)	8	100
Spaghetti (2oz)	1	210
Whataburger French Fries (sm)	13	260