

## Calories in Foods



- **Carbohydrates (CHO)/Sugars:** Help us make energy (4 Calories per Gram)
- **Simple Sugars:** Candy, Fruit, Fruit Drink Mixes, Fruit Juices, Honey, Jam, Jelly, Popsicles, Table Sugar, Sherbet, Soda, Syrup
- **Complex Carbohydrates:** Baked Goods, Beans (Refried, Kidney) Breads, Whole Grain Cereals/Crackers/Pasta Products, Sweet Potatoes
- **Some foods contain both Simple and Complex Carbohydrates as:** Cakes, Cookies, Pastries, Sweetened Cereals, Muffins with added nuts, Coconut
- **Protein:** Build and Repair Tissue, Maintenance, Growth and Development, Structure of Muscles and Red Blood Cells (hemoglobin) (4 Calories Per Gram)
- **Animal Sources:** (High Biological Value Protein): Dairy-Cheese, Ice Cream, Whole Milk, Butter, Eggs, Eggnog, Fish, Chicken, Meat, Poultry
- **Vegetable Sources:** (Low Biological Value Protein & High In Fiber): Dried Peas and Beans, Lentils, Nuts, Peanut Butter, Seeds, Tofu
- **Fats:** Give us Satiety (a feeling of fullness) (9 Calories Per Gram)
- **Polyunsaturated Fats:** (Help Lower Cholesterol) Margarine (Vegetable as Canola, Cottonseed, Corn, Cottonseed, Sunflower, Safflower, Sesame, Soybean)
- **Saturated Fats:** (Raise Cholesterol) Butter, Shortening, Meats, Whole Milk, Cheeses, Tropical Fats, Milk, Cheese, Ice Cream, Tropical Fats, Palm, Palm Kernel, Coconut, Coconut Oil, Coconut Butter

