

Calories in Food



- 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, and Syrup.
- Complex Carbohydrates: Baked Goods, Beans (Refried, Kidney) Breads, Whole Grain Cereals, Crackers, Pasta Products, and Sweet Potatoes.
- Some foods contain both Simple and Complex Carbohydrates as: Cakes, Cookies, Pastries, Sweetened Cereals, Muffins with added Nuts, and Coconut.
- Protein: Build and Repair Tissue, Maintenance, Growth & 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, Egnog, Fish, Chicken, Meat, and Poultry.
- Vegetable Sources: (Low Biological Value Protein & High In Fiber): Dried Peas and Beans, Lentils, Nuts, Peanut Butter, Seeds, and Tofu.
- Fats: Give us Satiety (a feeling of fullness) (9 Calories Per Gram)
- Polyunsaturated Fats: (Help Lower Cholesterol) Margarine (Vegetable as Canola, Cotton seed, Corn, Cottonseed, Sunflower, Safflower, Sesame, and Soybean).



- Saturated Fats: (Raise Cholesterol) Butter, Shortening, Meats, Whole Milk, Cheeses, Cheese, Ice Cream, Sausage, Lard, Tropical Fats, Palm, Palm Kernel, Coconut, Coconut Oil, and Coconut Butter.