



## Some High-Calorie Easy Foods



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Food	Calories	Food	Calories
2 toaster waffles	240	$\frac{3}{4}$ cup Grapenuts	225
2 pats butter	90	1 cup whole milk	190
4 tbsp. maple syrup	190	2 tbsp. raisins	60
1 cup whole milk	<u>180</u>	6 oz. apple juice	<u>90</u>
	700		565
1 doughnut	300	2 packets oatmeal	160
$\frac{1}{4}$ cup wheat germ	80	2 tbsp. honey	100
$\frac{1}{2}$ cup yogurt	90	1 banana	100
8 oz. pineapple juice	120	1 pat butter	45
	<u>      </u>	1 slice American cheese	<u>100</u>
	590		505
3 slices bread	240	1 package Ramen noodles	500
3 tbsp. peanut butter	300	6 oz. can tuna	200
3 tbsp. Marshmallow Fluff	150	1 box frozen peas	300
8 oz. apple juice	120		<u>      </u>
	<u>810</u>	$\frac{1}{2}$ portion	500
2 oz. cheddar cheese	200	(2" slice) angel cake	220
6 Tiscuits	120	2 tsp. chocolate syrup	100
8 oz. pineapple juice	120	1 canned peach	100
4 Fig Newtons	225	1 cup Lactaid	100
	<u>665</u>		<u>520</u>

**To gain weight, a 120-lb. person usually needs to eat at least 2300 calories a day; a 150-lb. person needs at least 2700 calories a day. These calorie levels might put on 2 pounds every 3 weeks.**