

Counting Calories: Every Little Bite Counts

If you are counting calories for your child, **remember that small portions, even tiny bites, may have calories.** These charts will help you count every little bite.

Little Bites	Calories	Little Bites	Calories	Little Bites	Calories
Animal cracker, 1	15	Graham Cracker, ¼	15	Potato chip, 1	10
Avocado, 1 T	23	Half 'n Half, 1 T	19	Pretzel mini, 1	6
Cheerios®, 1 T	6	Hershey's Kiss®, 1	22	Pretzel stick, 1 thin	2
Cheese Nip, 1	5	Hummus, 1T	25	Pudding, reg, 1 oz	30
Cheese, grated, 1T	52	Carnation Breakfast Essentials® powder, 1T	30	Pudding, hi cal, 1 oz	60
Cheetos®, 1	8	Ice cream, light, 1T	8	Reese's® pieces, 1	4
Cheez It®, 1	5	Ice cream, full fat, 1T	30	Rice Krispie® Treat, 1	90
Chip Ahoy®, mini	30	Jelly or jam, 1 T	50	Ritz Bits®, 1	11
Chip Ahoy®, regular	48	Ketchup, 1 T	15	Ritz® cracker, 1	16
Cottage cheese, 1T	13	Kudos® bar, 1	100	Saltine, 1	12
Cream cheese, 1T	50	Mandarin Orange, 1 T	5	Sherbet, 1T.	13
Cream soup, 1 oz	20-30	Milkshake, 1 oz	45	Skittles®, ¼ c	163
Donut, mini	60	Milk powder, 1 T	27	Starburst®, 1	20
Donut hole	70	Mini muffin, 1	90	Teddy graham®, 1	5
Doritos®, 1	15	M & Ms®, ¼ c	240	Triscuit®, thin crisp	9
Dried fruit, 1 T	40	Nutella®, 1 T	100	Vanilla wafer, 1	18
Egg, 1	80	Nutrigrain® bar, 1	120	Wheat thin®, 1	9
Egg yolk, 1	55	Oatmeal, flavored, 1 T	16	Wheatable®, 1	8
Frito, 1	5	Olive, 1	6	Whole milk, 1 oz	19
Froot Loops®, 1 T	7	Oreo®, mini	14	Whipping cream, 1T	52
Fruit smoothie, 1 oz	30	Oreo®, regular	40	Whipped topping, 1T	11
Gerber® Puffs, 20	8	Parmesan Cheese, 1 T	22	Yogurt, flavored, 1 oz	~30
Gerber® Crunchies, 5	9	Peanut butter, 1T	95		
Goldfish Cracker®, 1	3	Poptart®, 1	190		

t = teaspoon T = Tablespoon (about 3 teaspoons) ~ approximate calories

Little Dinners

Item	Calories	Item	Calories
Cheese Pizza, 1 Slice	~200	Ravioli, Meat in Sauce, ½ c.	115
Chicken Noodle Soup, ½ c.	40	Rice A Roni®, ½ c.	150
Easy Mac®, 1 serving	230	*Spaghetti Rings w/ meat, 1 srv	150
*Pasta Shells & Cheese, 1 serving	150	Spaghettios®, ½ c.	85
*Pasta Stars w/ Chicken, 1 serving	120	*Turkey Stew w/ Rice, 1 srv	100

*Gerber Graduates® Lil' Meals

Sauces/Dips/Misc

Item	Calories	Item	Calories
Butter, 1 t.	35	Pasta sauce, 1 T.	7
Caramel topping, 1 T.	52	Pie filling, 1 T.	15
Cheese sauce, 1 T.	35	Ranch dressing, 1 T.	73
Chocolate syrup, 1 T.	50	Relish, sweet 1 T.	20
Fudge topping, 1 T.	60	Sour cream, 1 T.	25
Gravy, 1 T.	8	Strawberry syrup, 1 T.	50
Guacamole, 1 T.	25	Tartar sauce, 1 T.	60
Margarine, 1 t.	23	Thousand Island Dressing, 1T.	59
Marshmallow crème, 1 T.	20	Vegetable oil, 1 tsp.	40
Mayonnaise, 1 t.	30		

Add your Own

Item	Calories

ALERT: Call your child’s doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.