

Natural Life Consulting, LLC

7 Hodges St., N. Andover, MA 01845 978-409-1269

Martha Lindsay, MS, CNE

High Calorie Healthy Foods*

Food	Serving Size	Calories (approximate)
Apple	1	80
Avocado	one	250
Banana	1 fresh	110
Beans		
Kidney	½ cup	112
Lima	½ cup	100
Black	½ cup	115
White	½ cup	150
Pinto	½ cup	117
Great Northern	½ cup	105
Refried	½ cup	118
Cheese	1 ounce	100
Dates	5 whole	115
	1 cup chopped	490
Egg	1 large	75
Lentils	½ cup	115
Mango	1	135

Meats

Beef	3 ounces, lean	145-250
Lamb leg	3 ounces, lean	160
Hot dog	1 beef or pork	145
	3 oz chicken	175-205
	3 oz turkey	135-160

Melon

Honeydew	1 cop	60
Cantaloupe	½ melon	98
Watermelon	1 cup	50
Potato, baked	4 ¾ in. X 2 ¼ in.	220
Scalloped potato	1 cup	245
Squash, butternut	¾ cup	150

*New Carb & Calorie Counter, Dana Carpender, Fair Winds Press, 2010.