

Calorie Guidelines excerpted from PWSA Nutrition Guide for Infants & Toddlers with PWS

<b>1 Meat = 75 Calories</b>
1 egg
1 TBSP Peanut Butter
1/4 cup chicken
1/4 cup hamburger
1/4 cup fish
1 oz. cheese
<b>1 Milk = 90 Calories</b>
1 cup non-fat milk (8 oz.)
1 cup non-fat plain yoghurt
1/2 cup non-fat flavored yogurt
1/2 cup non-fat cottage cheese
<b>1 Fruit = 60 Calories</b>
1/2 cup juice (no sugar added)
1 medium size fresh peach
1/2 fresh banana
1 cup berries
1 cup melon
1/2 cup canned fruit
1/2 cup canned applesauce
1/4 cup dried fruit
2 TBSP raisins or dried cranberries
<b>1 Vegetable = 25 Calories</b>
1/2 cup cooked vegetables
1/2 cup canned vegetables
1 cup raw vegetables
<b>1 Bread/ Startch/ Grain = 80 Calories</b>
1/2 cup cooked cereal
1 cup dry cereal
1 slice bread
1 tortilla
1/2 roll
1/2 hamburger bun
1/2 hot dog bun
1/2 cup cooked rice
1/2 cup cooked beans
1/2 cup mashed potatoes
1/2 cup cooked pasta
5 medium-sized crackers
<b>1 Fat = 45 Calories</b>
1 tsp. oil
1 tsp. margerine
1 tsp. mayonnaise
1-2 TBSP salad dressing

<b>1/2 Meat = 37 Calories</b>
1/2 egg
1/2 TBSP Peanut Butter
1/8 cup chicken
1/8 cup hamburger
1/8 cup fish
1/2 oz. cheese
<b>1/2 Milk = 45 Calories</b>
1/2 cup non-fat milk (4 oz)
1/2 cup non-fat plain yoghurt
1/4 cup non-fat flavored yoghurt
1/4 cup non-fat cottage cheese
<b>1/2 Fruit = 30 Calories</b>
1/4 cup juice (no sugar added)
1/2 medium size fresh peach
1/4 fresh banana
1/2 cup berries
1/2 cup melon
1/4 cup canned fruit
1/4 cup canned applesauce
1/8 cup dried fruit
1 TBSP raisins or dried cranberries
<b>1/2 Vegetable = 12 Calories</b>
1/4 cup cooked vegetables
1/4 cup canned vegetables
1/2 cup raw vegetables
<b>1/2 Bread/ Startch/ Grain = 40 Calories</b>
1/4 cup cooked cereal
1/2 cup dry cereal
1/2 slice bread
1/2 tortilla
1/4 roll
1/4 hamburger bun
1/4 hot dog bun
1/4 cup cooked rice
1/4 cup cooked beans
1/4 cup mashed potatoes
1/4 cup cooked pasta
2 1/2 medium-sized crackers
<b>1/2 Fat = 22 Calories</b>
1/2 tsp. oil
1/2 tsp. margerine
1/2 tsp. mayonnaise
1/2 - 1 TBSP salad dressing