

| Food | Calories |
|-----------------------------------------------|-----------------|
| 16 oz. Gatorade Sport drink | 100 |
| 8 oz. Orange juice | 126 |
| 8 oz. Apple juice | 126 |
| 8 oz. Cranberry juice | 169 |
| Banana, medium | 110 |
| Orange, medium | 62 |
| Cup dried cereal in bag | 125 |
| Cup of cereal w/1/2 cup 2% milk | 230 |
| Cup cooked oatmeal | 145 |
| 1/4 cup raisins | 108 |
| 2 slices of bread | 150 |
| Small plain bagel | 160 |
| Pop Tart, plain | 210 |
| Pop Tart w/cup 2% milk | 330 |
| Low fat fruit yogurt (1 cup) | 230 |
| 1 frozen waffle /w syrup | 300 |
| 2 ounces of hard pretzels | 220 |
| Soft pretzel | 170 |
| Sport Energy Bar | 230 |
| Flour tortilla – 7 inch | 170 |
| Whole pita pocket | 220 |
| Cup of pasta w/red sauce | 270 |
| Cup of rice w/mixed veggies | 250 |
| Bake potato w/1 tsp. margarine | 255 |
| Peanut butter & jelly sandwich | 330 |
| Pita pocket stuffed w/ 2oz. Turkey | 300 |
| Cup low fat fruit yogurt w/1/2 cup cereal | 300 |
| Add 1 tbsp. jelly to any of the above | 50 |
| Add 1 tbsp. peanut butter to any of the above | 95 |
| Add 1 tbsp. Honey to any of the above | 64 |