

## Gluten- and Dairy-Free High Calorie Additions

AMOUNT	FOOD	CALORIES	USE IN OR ON...
1 teaspoon	Milk-free margarine	45	Cream of rice cereal, oatmeal, soups, breads, potatoes, muffins, vegetables
1 Tbsp.	Mayonnaise	100	Tuna or egg salad sandwiches, dips, mashed potatoes
1	Egg	80	Casseroles, meatloaf, sandwiches, deviled
1 Tbsp.	Peanut butter, almond butter, sunflower butter, cashew butter	100	Crackers, sandwiches, waffles, apple wedges, vegetables
1 Tbsp.	Chopped nuts	50	Soy or coconut ice cream or frozen yogurt, soy or coconut yogurt, muffins, cookies, salads
1/2	Avocado	150	Sandwiches, dips, spread/ guacamole
1 Tbsp.	Syrup	60	Pancakes, waffles, French toast, soy or coconut ice cream or frozen yogurt, soy or coconut yogurt
2 Tbsp.	Raisins, dried cherries, or cranberries	70	Cereal, muffins, cookies, breads
2 slices	Bacon	70	Baked potato, eggs, soups, casseroles, meatloaf, sandwiches, salads
2 Tbsp.	Coconut milk	100	Cereal, rice

\*All cereals, muffins, breads, pancakes, etc., should be made gluten- and dairy-free.