



1 Tablespoon (15 mls) of Heavy Cream + 4 ounces (120 mls) of Whole Milk = 30 calories per ounce

1 Tablespoon (15 mls) of Half & Half + 4 ounces (120 mls) of Whole Milk = 25 calories per ounce

Plain whole milk = 20 calories per ounce

Plain fat free or skim milk = 10-12 calories per ounce