

Grade A heavy whipping cream

The butterfat content of the cream should be either 36% or 40%. The label on the carton may not show these percentages. Buy cream that matches the labels below. Your dietitian will calculate meals with the type of cream that you are able to locate. Check the freshness date on the cream before buying it. Avoid creams containing polysorbate or ingredients ending in -ose. Let the dairy manager of your grocery store know that you will be buying the cream regularly so that they may order additional.

For 36% Cream

Nutrition Facts

Serving size: 1/2 fluid ounce (15mL)

Amount per serving

Calories: 50
 Calories from fat: 50
 Total fat: 5g
 Total carbohydrate: 0 (or 1g)
 Protein: 0g

For 40% Cream

Nutrition Facts

Serving size: 1/2 fluid ounce (15mL)

Amount per serving

Calories: 60
 Calories from fat: 55
 Total fat: 6g
 Total carbohydrate: 0 (or 1g)
 Protein: 0g

Making cream fun to drink and eat

Note: Use only the amount of cream allotted on your child's meal.

For recipes with whipped cream, weigh the cream after it has been whipped.

- Mix the cream with water to make it taste more like milk.
- Mix the cream with 5 drops of pure vanilla or chocolate extract. Thin this mixture with water or diet caffeine-free club soda.
- Make a "cream soda" by mixing the cream with diet caffeine-free diet sodas such as root beer.
- Mix whipped cream and a few drops of pure extract and sweetener. Eat with a spoon.
- Freeze whipped cream; flavor with pure extract and allowed sweetener.
- Mix whipped cream with allotted fruit (chopped). Eat with a spoon.
- Make "hot chocolate" by adding unsweetened baking chocolate (must be calculated) or pure chocolate extract (free food). Heat until warm.
- Make sherbet by whipping cream into sugar-free Jell-O™ (must be calculated) that is just about gelled. Serve frozen.
- Make eggnog with cream (from a calculated recipe). Eggnog can be microwaved or frozen.
- Add sour cream to whipped cream (from a calculated recipe). Add chopped fruit. Tastes like yogurt.