Believe It or Not!

Some high-calorie foods can be very good for you.

December 5, 2016 By Kate Ferguson

Many people think that foods high in calories and fat are automatic no-no's. But this rigid view of what's good and bad for us to eat doesn't take into account that many of these foods also contain healthy nutrients the body can use.

For example, consider the creamy (or crunchy) richness of peanut butter. Despite packing 200 calories into two tablespoons, this very affordable food is a great source of quality protein (as long as you're not allergic to the tasty nut). What's more, according to findings, eating peanuts and peanut butter daily can cut the risk of heart disease in half.

Avocados, another high-calorie food, are also loaded with good fats and fiber. In addition, the nutrient-dense fruit contains minerals, such as potassium and magnesium; phytonutrients, such as lutein; and nearly 20 vitamins, including B6, C and E.

Other healthy high-calorie foods include cheese, hummus, bananas, nuts, yogurt and olive oil, among many others.

We certainly can't eat these foods to our heart's content, nutritionists advise, but we can—and should—indulge in moderation.

© 2026 Smart + Strong All Rights Reserved.