Lunchtime Math – Calorie Count

Find the calories for each lunch item. Add up the total to see how many calories in these lunch meals. Cross out the meals that are too high in calories.

Food	Amount	Calories
Apple	1 medium	93
Baby Carrots	6	21
Chips	1 oz bag	160
Chocolate Chip Cookie	2 medium	118
Grilled Cheese	1	410
Hamburger	1 small	250
Hot Fudge Sundae	1 small	306
Hotdog and Bun	1	280
Large French Fries	1	500
Lowfat Dip	2 Tbsp	60
Salad Dressing, LF	1 Tbsp	18
Milk 1% Fat	8 oz	105
Orange slices	4	62
Soda	12 oz can	143
Sports Drink	12 oz	90
Taco, Beef	1	170
Turkey/LF Cheese Sandwich	2 slices of each	260
Veggie Salad	1 cup	10
Water	12 oz bottle	0

LF = low fat

Hotdog with Bun 280

Chips 160 +

Hot Fudge Sunda 306

Sports Drink 90

= 836

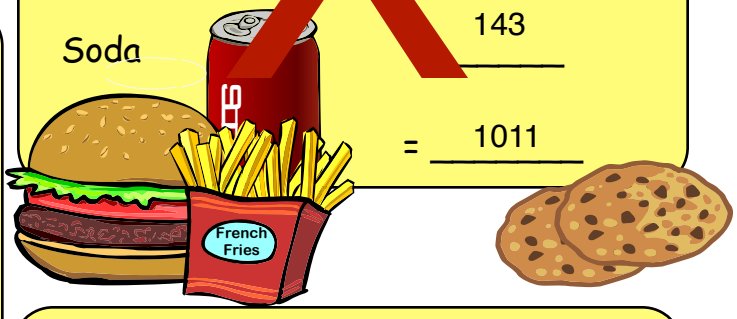
Hamburger 250

French Fries 500 +

Chocolate Chip ies 118

Soda 143

= 1011



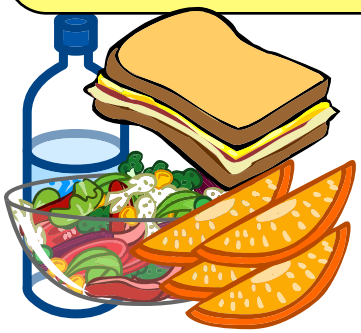
Veggie Salad with dressing 10+18 =28

Orange slices 62 +

Water 0

Turkey and Lowfat Cheese Sandwich 260

= 350



Beef Taco 170

Apple 93 +

Baby Carrots with Lowfat Dip 21+60 = 81

1% Milk 105

= 449

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