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 _____

Chips _____ +

Hot Fudge Sundae _____

Sports Drink _____

= _____

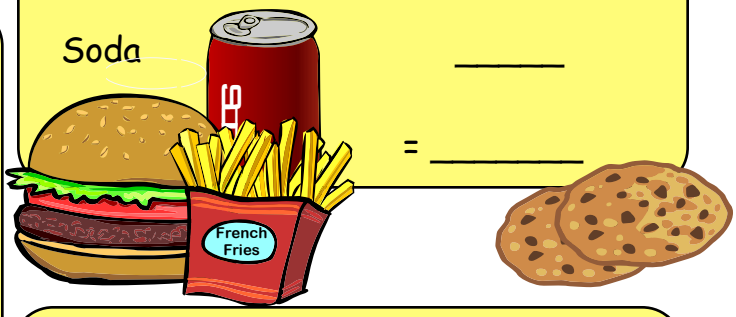
Hamburger _____

French Fries _____ +

Chocolate Chip Cookies _____

Soda _____

= _____



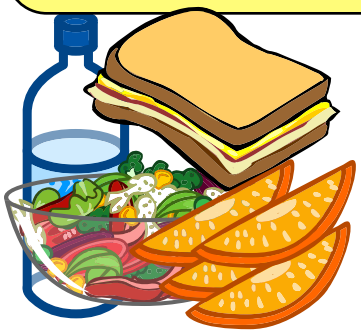
Veggie Salad with dressing _____

Orange slices _____ +

Water _____

Turkey and Lowfat Cheese Sandwich _____

= _____



Beef Taco _____

Apple _____ +

Baby Carrots with Lowfat Dip _____

1% Milk _____

= _____

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