

Heart Healthy Snack Attack



Chef Solus keeps his heart healthy with these tasty snacks. Use the calorie chart to answer the questions.

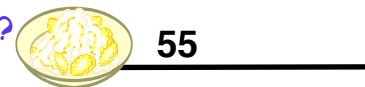


Food	Amount	Calories
almonds	1 oz	164
celery stick with peanut butter	1 stick	100
fruit salad	1 bowl	125
low fat cheese with whole wheat crackers	2	50
pineapple with low fat cottage cheese	1 bowl	110
low fat yogurt with strawberries	1 cup	270

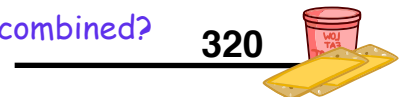
1) Kevin's favorite snack is a bowl of fruit salad with 2 oz of almonds. How many calories will he consume?



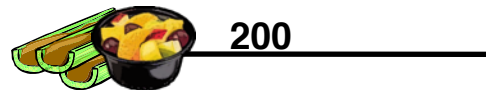
2) Jasmine made a bowl of pineapple with cottage cheese. How many calories are in a half of bowl?



3) Tony can't wait to eat 2 cheese & crackers with a cup of yogurt with strawberries. How many calories combined?



4) After a long bike ride, Elena eats 2 peanut butter celery sticks and a bowl of fruit salad. What is the total calories Elena will consume?



5) Alex has a big appetite. He wants 5 cheese & crackers, 1 $\frac{1}{2}$ bowls of cottage cheese with pineapple and 1 oz of almonds. How many calories will Alex have eaten?

