


Dinner Math - Healthy Tasty Meals



Find the calories for each dinner item. Add up the total to see how many calories in these dinner meals.

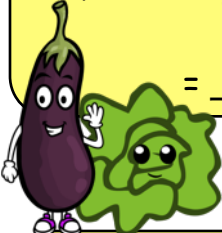
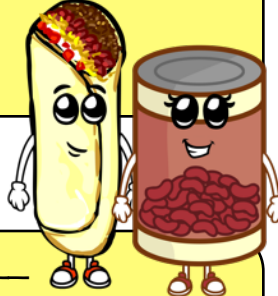
Food	Amount	Calories
Apple	1 sliced	15
Baked Potato	1 small	128
Fruit	1 cup	50
Lettuce	1.7 oz	8
Low Fat Milk	1 cup	105
Meat	4 oz	186
Pinto Beans	1/2 cup	120
Salad	3/4 cup	17
Salsa	1.2 oz	7
Steamed Veggies	1/2 cup	32
Veggie Pizza	1 slice	180
Whole Wheat Pasta	1/2 cup	174
Whole Wheat Tortilla	1	130

Pasta _____ 

Salad _____


Milk _____ +

Fruit _____

= _____  

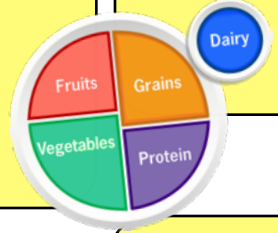
Meat _____

Baked Potato _____

Steamed Veggies _____ + 

Milk _____

= _____



Tortilla _____

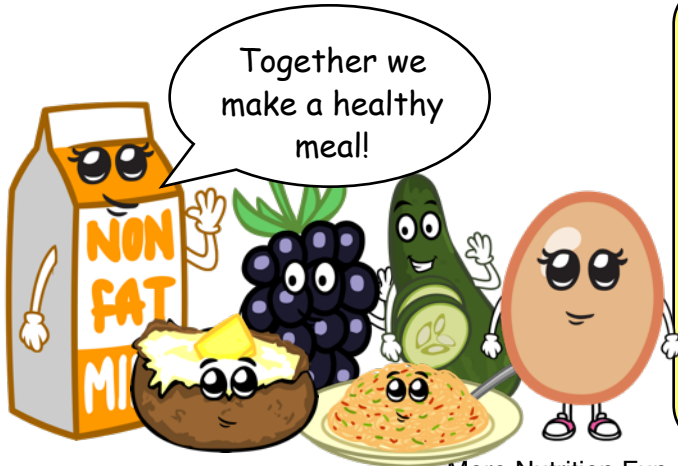
Veggies _____


Lettuce _____ +

Salsa _____

Pinto Beans _____


= _____



Veggie Pizza _____ 

Salad _____

Sliced Apples _____ +

Milk _____ 

= _____