Dinner Math - Healthy Tasty Meals

NOURISH INTERACTIVE

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

calories in these	dinner meals	3 .	•	
Food	Amount	Calories	Pasta	The same
Apple	1 sliced	15	rustu	
Baked Potato	1 small	128	Salad	
Fruit	1 cup	50		
Lettuce	1.7 oz	8	Milk	L
Low Fat Milk	1 cup	105		•
Meat	4 oz	186	Fruit	
Pinto Beans	1/2 cup	120	1	
Salad	3/4 cup	17	=	
Salsa	1.2 oz	7	000	99 30
Steamed Veggies	1/2 cup	32		
Veggie Pizza	1 slice	180	\$	
Whole Wheat Pasta	1/2 cup	174	Tortilla	
Whole Wheat Tortilla	1	130		
		60	Veggies	
Meat			1 - 1 - 1 - 1 - 1 - 1 - 1 - 1 - 1 - 1 -	
			Lettuce	+
Baked Potato		1% LOW	Salsa	-
Steamed Veggie	s	+	Pinto Beans	
			Dairy	
Milk		Fruit	Grains =	- 80
		Vegetab	les .	
=		Vegetar	Protein	60
			Vaccia Dinna	
Together we			Veggie Pizza	
make a healthy			Salad	
			Sliced Apples	+
NON TO CO STATE OF THE PARTY OF			Sliced Apples	•
2000 3 3 36			Milk	
8		<u> </u>		
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