

# High Calorie - Low Nutrition Meals



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

Food	Amount	Calories
Cheeseburger	1	310
Cheese pizza	1 slices	330
Chicken Nuggets	6 pieces	208
Fries	1.1 oz	101
Fudge Brownie	1	470
Grape juice	8 oz.	170
Hot Dog	1 regular	315
Ice cream	1 bowl	140
Onion rings	1 small	320
Orange soda	1 cup	110
Macaroni and cheese	1 entree	340
Soda	1 cup	320

Cheeseburger 310  
 fries 101  
 Soda 320 +  
 = 731

No Fiber!

You forgot about us!

Chicken nuggets 208  
 Onion rings 320 +  
 Soda 320  
 = 848

I'm better than soda. I help your bones grow!

Macaroni and cheese 340  
 Hot Dog 315  
 Ice Cream 140 +  
 Grape juice 170  
 = 965

Cheese Pizza 330  
 Fudge Brownie 470  
 Orange Soda 110 +  
 = 910

