

# 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 \_\_\_\_\_

Fries \_\_\_\_\_

Soda \_\_\_\_\_

+ \_\_\_\_\_

= \_\_\_\_\_

Macaroni and cheese \_\_\_\_\_

Hot Dog \_\_\_\_\_

Ice Cream \_\_\_\_\_ +

Grape juice \_\_\_\_\_

= \_\_\_\_\_

Chicken nuggets \_\_\_\_\_

Onion rings \_\_\_\_\_

Soda \_\_\_\_\_

+ \_\_\_\_\_

= \_\_\_\_\_

This is not a My Plate meal!

Cheese Pizza \_\_\_\_\_

Fudge Brownie \_\_\_\_\_

Orange Soda \_\_\_\_\_

+ \_\_\_\_\_

= \_\_\_\_\_