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

(No Fiber!

I'm better then soda. I help your,

bones grow!

Macaroni and cheese _____

Hot Dog _____

Ice Cream ____ +

Grape juice _____

This is not a My
Plate meal!

Cheese Pizza

Chicken nuggets

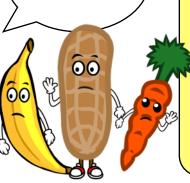
Onion rings ____

Soda

Fudge Brownie _____

Orange Soda _____

= _____



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