

Dinner Math - Healthy Tasty Meals



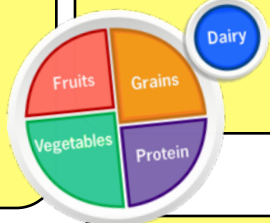
Find the calories for each dinner item. Add up the total to see how many calories in these dinner meals.

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 174
 Salad 17
 Milk 105 +
 Fruit 50
 = 346

Meat 186
 Baked Potato 128
 Veggies 32 +
 Milk 105
 = 451

Tortilla 130
 Veggies 180
 Lettuce 8 +
 Salsa 7
 Pinto Beans 120
 = 445



Together we make a healthy meal!

Veggie Pizza 180
 Salad 17
 Sliced Apples 15 +
 Milk 105
 = 317