


# Morning Math - Calorie Count



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

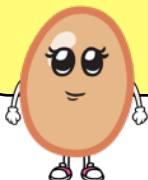

Food	Amount	Calories
Bacon	2 slices	92
Brown rice	1/2 cup	108
Carrots	1/2 cup	26
Corn tortilla	1	52
Egg	2	204
Grape Juice	6 oz	127
1% Milk	1 cup	105
Oatmeal	1/2 cup	83
Pancakes	2 medium	350
Strawberries	1/2 cup	30
Sautéed Vegetables	1/2 cup	25
Omelet	2 eggs	320
Whole grain toast	1 slice	75


Vegetables \_\_\_\_\_ 


Egg \_\_\_\_\_


1% Milk \_\_\_\_\_ +

Toast \_\_\_\_\_




= \_\_\_\_\_  

Oatmeal \_\_\_\_\_ 

Strawberries \_\_\_\_\_ 

Carrots \_\_\_\_\_ + 

Toast \_\_\_\_\_

= \_\_\_\_\_   

Brown rice \_\_\_\_\_

Omelet \_\_\_\_\_

Corn tortilla \_\_\_\_\_ +

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

= \_\_\_\_\_

