CALORIE COUNT

Name:	Date:	
Example:		
FOOD AND HOW PREPARED	SOURCE OR BREAD	AMOUNT EATEN
Hamburger on bun	Tray	All meat, ½ bun
Milk, whole	Tray	4 ounces
Potato chips Pizza, cheese	Vending Domino's	One 1-ounce bag
French fries	McDonald's	1 slice of large ½ of large bag
Banana	Tray	Half
FOOD AND HOW PREPARED	SOURCE OR BREAD	AMOUNT EATEN