## CALORIE COUNT

Name:
Date: $\qquad$
Example:

| FOOD AND HOW PREPARED | SOURCE OR BREAD | AMOUNT EATEN |
| :---: | :---: | :---: |
| Hamburger on bun | Tray | All meat, $1 / 2$ bun |
| Milk, whole | Tray | 4 ounces |
| Potato chips | Vending | One 1-ounce bag |
| Pizza, cheese | Domino's | 1 slice of large |
| French fries | McDonald's | $1 / 2$ of large bag |
| Banana | Tray | Half |
| FOOD AND HOW PREPARED | SOURCE OR BREAD | AMOUNT EATEN |
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