

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

Oatmeal _____



Strawberries _____

Carrots _____



Toast _____

= _____



Vegetables _____



Egg _____

1% Milk _____



Toast _____

= _____



Pancakes _____

Bacon _____

Grape Juice _____



Milk _____

= _____



Brown rice _____

Omelet _____

Corn tortilla _____



Grape juice _____

= _____

Math Worksheet Grade Low Carb Recipes Guide

**Thirumalaisamy P.
Velavancorresponding**

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