


Morning Math - Calorie Count




Enter 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 ounces	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
Vegetable Omelet	2 eggs	320
Whole wheat toast	1 slice	75

Vegetables 25 


Eggs 204


1% Milk 105 + 

Toast 75


= 409 

Oatmeal 83

Strawberries 30 


Carrots 26 + 

Toast 75

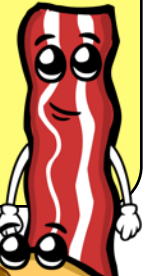

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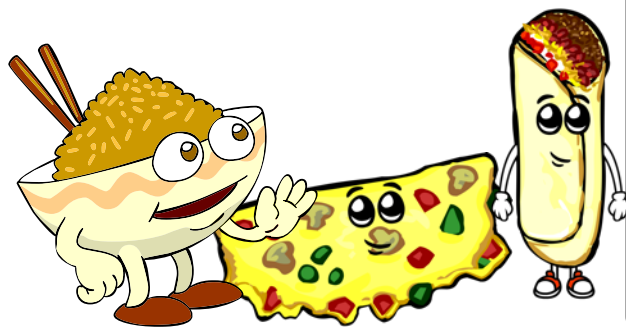
Pancakes 350

Bacon 92

Grape juice 127 + 

Milk 105

= 674 




Brown Rice 108

Veggie omelet 320

Corn tortilla 52 +

Grape juice 127

= 607