

Name: \_\_\_\_\_

## Calculating Calories

Fill in the blanks using the nutrition labels from milk cartons.

1. Whole Milk: 1 cup = 150 Calories

<u>Carbohydrate</u> _____grams <u>x4</u> _____calories	+	<u>Protein</u> _____grams <u>x4</u> _____calories	+	<u>Fat</u> _____grams <u>x9</u> _____calories	=	_____total calories
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2. 2% Milk: 1 cup = 120 Calories

<u>Carbohydrate</u> _____grams <u>x4</u> _____calories	+	<u>Protein</u> _____grams <u>x4</u> _____calories	+	<u>Fat</u> _____grams <u>x9</u> _____calories	=	_____total calories
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3. Chocolate 1% Milk: 1 cup = 160 Calories

<u>Carbohydrate</u> _____grams <u>x4</u> _____calories	+	<u>Protein</u> _____grams <u>x4</u> _____calories	+	<u>Fat</u> _____grams <u>x9</u> _____calories	=	_____total calories
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4. 1% Milk: 1 cup = 100 Calories

<u>Carbohydrate</u> _____grams <u>x4</u> _____calories	+	<u>Protein</u> _____grams <u>x4</u> _____calories	+	<u>Fat</u> _____grams <u>x9</u> _____calories	=	_____total calories
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5. Skim Milk: 1 cup = 80 Calories

<u>Carbohydrate</u> _____grams <u>x4</u> _____calories	+	<u>Protein</u> _____grams <u>x4</u> _____calories	+	<u>Fat</u> _____grams <u>x9</u> _____calories	=	_____total calories
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# Calculating Calories

Fill in the blanks using the nutrition labels from milk cartons.

1. Whole Milk: 1 cup = 150 Calories

<u>Carbohydrate</u>	<u>Protein</u>	<u>Fat</u>
11 grams	8 grams	8 grams
<u>x4</u>	<u>x4</u>	<u>x9</u>
44 calories +	32 calories +	72 calories = 148 total calories

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2. 2% Milk: 1 cup = 120 Calories

<u>Carbohydrate</u>	<u>Protein</u>	<u>Fat</u>
11 grams	8 grams	5 grams
<u>x4</u>	<u>x4</u>	<u>x9</u>
44 calories +	32 calories +	45 calories = 121 total calories

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3. Chocolate 1% Milk: 1 cup = 160 Calories

<u>Carbohydrate</u>	<u>Protein</u>	<u>Fat</u>
26 grams	8 grams	2.5 grams
<u>x4</u>	<u>x4</u>	<u>x9</u>
104 calories +	32 calories +	22.5 calories = 158.5 total calories

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4. 1% Milk: 1 cup = 100 Calories

<u>Carbohydrate</u>	<u>Protein</u>	<u>Fat</u>
12 grams	8 grams	2.5 grams
<u>x4</u>	<u>x4</u>	<u>x9</u>
48 calories +	32 calories +	22.5 calories = 102.5 total calories

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5. Skim Milk: 1 cup = 80 Calories

<u>Carbohydrate</u>	<u>Protein</u>	<u>Fat</u>
13 grams	8 grams	0 grams
<u>x4</u>	<u>x4</u>	<u>x9</u>
52 calories +	32 calories +	0 calories = 84 total calories

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