



# Which One Has the Most Calories?

- Plate A – fried steak and fries
- Plate B – stir fry veggies, chicken, rice





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**Plate A 1121 calories**



**Plate B 356 calories**



# Compare

■ Plate A	Calories	Fat (g)
■ 8 oz fried steak	521	21
■ 6 oz French fries	600	33
■ <b>Total</b>	<b>1121</b>	<b>54</b>





# Compare

■ Plate B	Calories	Fat (g)
■ 1 cup broccoli	54	.55
■ 1 cup carrots	54	.25
■ 4 oz baked chicken breast	140	3
■ 1 cup cooked brown rice	108	0
■ <b>Total</b>	<b>356</b>	<b>4</b>

