

# NUTRITION CALORIES COUNT PLAYING CARDS

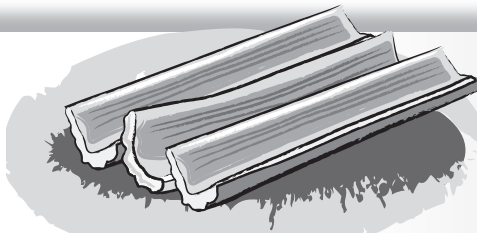
Print, cut and use cards. There are 54 cards in this 9 page set.

**ANYTIME / ANY MEAL FOODS**

**ANYTIME • ANY MEAL FOODS**

**3 STALKS OF CELERY**

20 Calories



**TOUCH**

**2**

**SPOTS**

**ANYTIME • ANY MEAL FOODS**

**SPINACH SALAD W/CUCUMBERS**

50 Calories



**TOUCH**

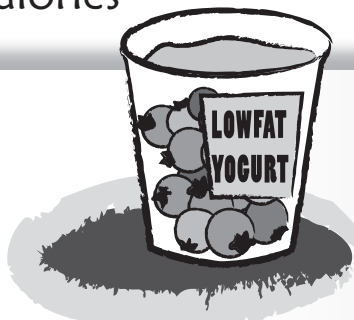
**2**

**SPOTS**

**ANYTIME • ANY MEAL FOODS**

**1 SERVING LOW FAT YOGURT**

140 Calories



**TOUCH**

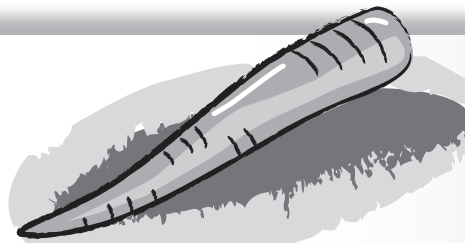
**6**

**SPOTS**

**ANYTIME • ANY MEAL FOODS**

**1 MEDIUM CARROT**

30 Calories



**TOUCH**

**2**

**SPOTS**

**ANYTIME • ANY MEAL FOODS**

**1 MEDIUM APPLE**

80 Calories



**TOUCH**

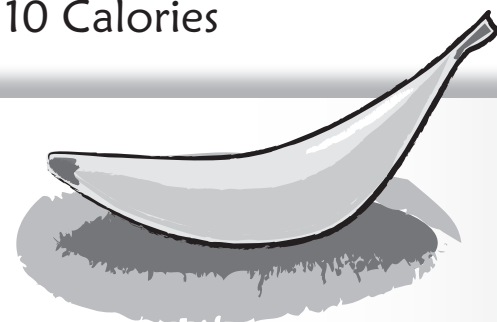
**4**

**SPOTS**

**ANYTIME • ANY MEAL FOODS**

**1 BANANA**

110 Calories



**TOUCH**

**6**

**SPOTS**

# NUTRITION CALORIES COUNT PLAYING CARDS

ANYTIME / ANY MEAL FOODS

ANYTIME • ANY MEAL FOODS

**5 CHERRY TOMATOES**

35 Calories



TOUCH

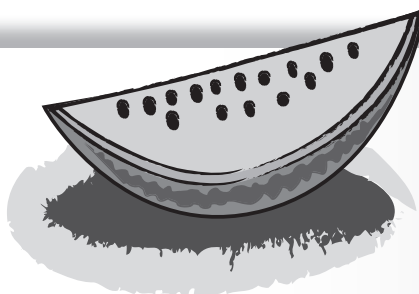
2

SPOTS

ANYTIME • ANY MEAL FOODS

**1 LARGE SLICE OF WATERMELON**

150 Calories



TOUCH

6

SPOTS

ANYTIME • ANY MEAL FOODS

**1 MEDIUM ORANGE**

70 Calories



TOUCH

4

SPOTS

ANYTIME • ANY MEAL FOODS

**1 CUP OF GREEN BEANS**

45 Calories



TOUCH

2

SPOTS

ANYTIME • ANY MEAL FOODS

**1 MEDIUM PEAR**

100 Calories



TOUCH

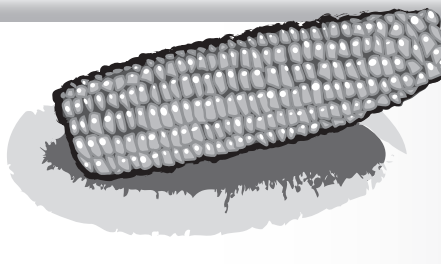
4

SPOTS

ANYTIME • ANY MEAL FOODS

**1 EAR OF CORN ON THE COB**

90 Calories



TOUCH

4

SPOTS

# NUTRITION CALORIES COUNT PLAYING CARDS

ANYTIME / ANY MEAL FOODS

ANYTIME • ANY MEAL FOODS

**1 CUP OF SKIM MILK**

85 Calories



**TOUCH**  
**4**  
**SPOTS**

ANYTIME • ANY MEAL FOODS

**8 STRAWBERRIES**

45 Calories



**TOUCH**  
**2**  
**SPOTS**

ANYTIME • ANY MEAL FOODS

**1 SERVING OF WHOLE GRAIN RICE**

80 Calories



**TOUCH**  
**4**  
**SPOTS**

ANYTIME • ANY MEAL FOODS

**½ CUP OF BROCCOLI**

20 Calories

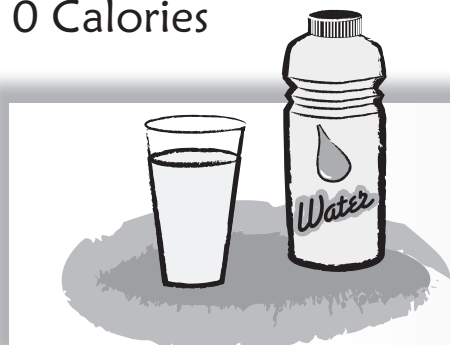


**TOUCH**  
**2**  
**SPOTS**

ANYTIME • ANY MEAL FOODS

**1 GLASS OF WATER**

0 Calories

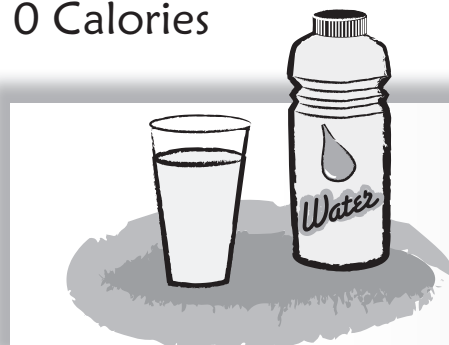


**TOUCH**  
**0**  
**SPOTS**

ANYTIME • ANY MEAL FOODS

**1 GLASS OF WATER**

0 Calories



**TOUCH**  
**0**  
**SPOTS**

# NUTRITION CALORIES COUNT PLAYING CARDS

ANYTIME / ANY MEAL FOODS

ANYTIME • ANY MEAL FOODS

**1 GLASS OF WATER**

0 Calories



**TOUCH**

**0**

**SPOTS**

ANYTIME • ANY MEAL FOODS

**1 GLASS OF WATER**

0 Calories



**TOUCH**

**0**

**SPOTS**

ANYTIME • ANY MEAL FOODS

**1 GLASS OF WATER**

0 Calories



**TOUCH**

**0**

**SPOTS**

ANYTIME • ANY MEAL FOODS

**1 GLASS OF WATER**

0 Calories



**TOUCH**

**0**

**SPOTS**

ANYTIME • ANY MEAL FOODS

**1 GLASS OF WATER**

0 Calories



**TOUCH**

**0**

**SPOTS**

ANYTIME • ANY MEAL FOODS

**1 GLASS OF WATER**

0 Calories



**TOUCH**

**0**

**SPOTS**



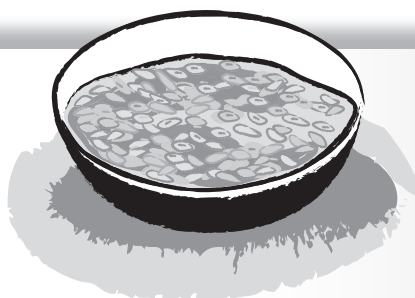
# NUTRITION CALORIES COUNT PLAYING CARDS

## HEALTHFUL MEAL FOODS

### HEALTHFUL MEAL FOODS

#### **OATMEAL**

145 Calories



**TOUCH**

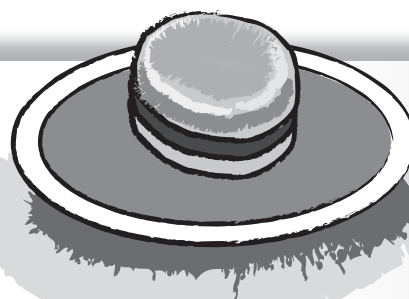
**6**

**SPOTS**

### HEALTHFUL MEAL FOODS

#### **1 LEAN BEEF HAMBURGER**

260 Calories



**TOUCH**

**8**

**SPOTS**

### HEALTHFUL MEAL FOODS

#### **GRILLED CHICKEN SALAD**

215 Calories



**TOUCH**

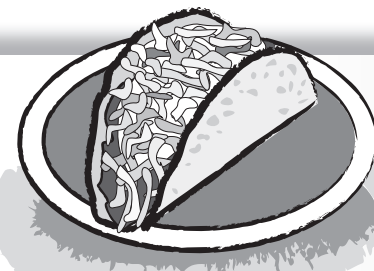
**8**

**SPOTS**

### HEALTHFUL MEAL FOODS

#### **1 LEAN MEAT (OR FISH) TACO**

125 Calories



**TOUCH**

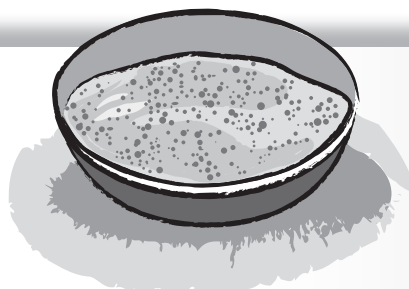
**6**

**SPOTS**

### HEALTHFUL MEAL FOODS

#### **1 CUP CREAM OF BROCCOLI SOUP**

90 Calories



**TOUCH**

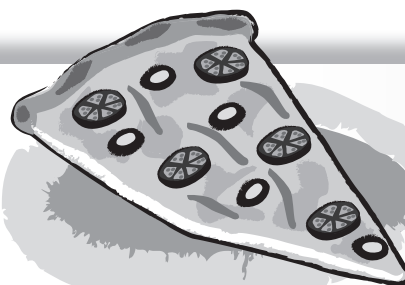
**4**

**SPOTS**

### HEALTHFUL MEAL FOODS

#### **1 SLICE OF VEGGIE PIZZA**

225 Calories



**TOUCH**

**8**

**SPOTS**

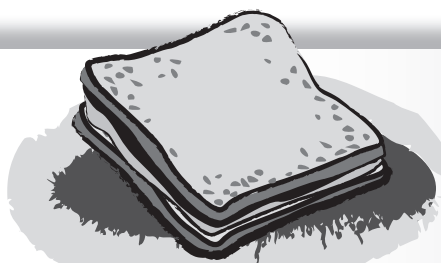
# NUTRITION CALORIES COUNT PLAYING CARDS

## HEALTHFUL MEAL FOODS

### HEALTHFUL MEAL FOODS

#### PEANUT BUTTER AND JELLY SANDWICH

350 Calories



**TOUCH**

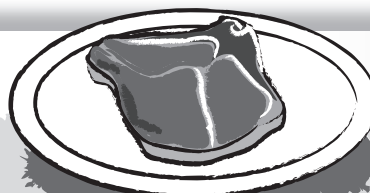
**10**

**SPOTS**

### HEALTHFUL MEAL FOODS

#### LEAN-CUT PORK CHOP

210 Calories



**TOUCH**

**8**

**SPOTS**

### HEALTHFUL MEAL FOODS

#### 2 CUPS SPAGHETTI W/TOMATO SAUCE

500 Calories



**TOUCH**

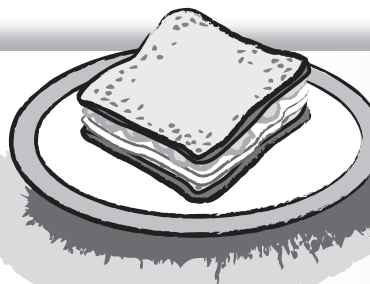
**14**

**SPOTS**

### HEALTHFUL MEAL FOODS

#### TURKEY SANDWICH

230 Calories



**TOUCH**

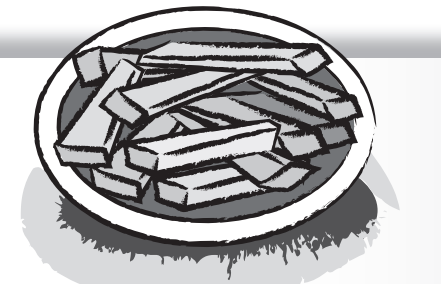
**8**

**SPOTS**

### HEALTHFUL MEAL FOODS

#### BAKED SWEET POTATO FRIES

170 Calories



**TOUCH**

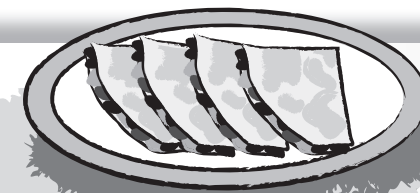
**8**

**SPOTS**

### HEALTHFUL MEAL FOODS

#### BLACK BEAN AND CHEESE QUESADILLA

350 Calories



**TOUCH**

**10**

**SPOTS**

# NUTRITION CALORIES COUNT PLAYING CARDS

## HEALTHFUL MEAL FOODS

HEALTHFUL MEAL FOODS

### BARBECUE SALMON

120 Calories



TOUCH

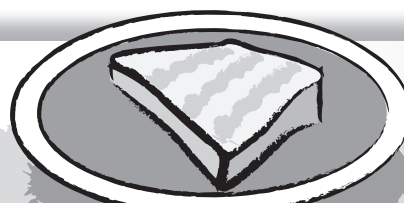
6

SPOTS

HEALTHFUL MEAL FOODS

### 1 SERVING OF GRILLED TOFU

90 Calories



TOUCH

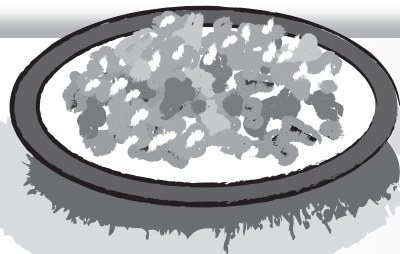
4

SPOTS

HEALTHFUL MEAL FOODS

### 2 SCRAMBLED EGGS

150 Calories



TOUCH

6

SPOTS

HEALTHFUL MEAL FOODS

### 1 CUP OF VEGETABLE SOUP

100 Calories



TOUCH

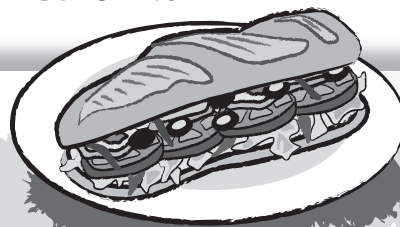
6

SPOTS

HEALTHFUL MEAL FOODS

### 6" VEGGIE SUB

225 Calories



TOUCH

8

SPOTS

HEALTHFUL MEAL FOODS

### MEDIUM BOWL OF BRAN CEREAL

150 Calories



TOUCH

6

SPOTS

# NUTRITION CALORIES COUNT PLAYING CARDS

## ONCE IN A WHILE FOODS

ONCE IN A WHILE FOODS

### FAST FOOD CHEESEBURGER

400 Calories

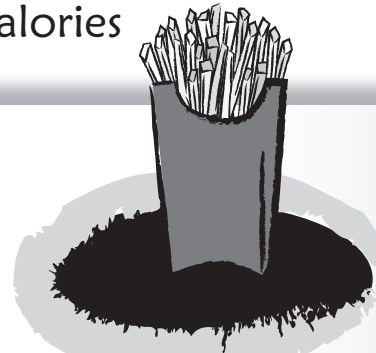


**TOUCH**  
**10**  
**SPOTS**

ONCE IN A WHILE FOODS

### LARGE FAST FOOD FRENCH FRIES

500 Calories



**TOUCH**  
**12**  
**SPOTS**

ONCE IN A WHILE FOODS

### FAST FOOD DOUBLE CHEESEBURGER

650 Calories

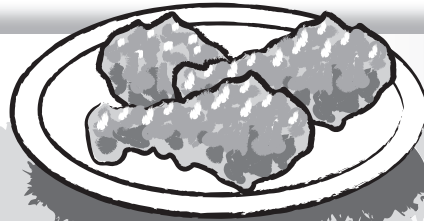


**TOUCH**  
**16**  
**SPOTS**

ONCE IN A WHILE FOODS

### 3 PIECES OF FRIED CHICKEN

700 Calories

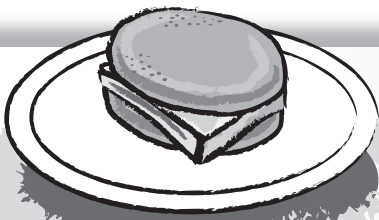


**TOUCH**  
**16**  
**SPOTS**

ONCE IN A WHILE FOODS

### FRIED FISH SANDWICH

640 Calories



**TOUCH**  
**16**  
**SPOTS**

ONCE IN A WHILE FOODS

### FAST FOOD EXTRA VALUE MEAL W/SODA

1400 Calories



**TOUCH**  
**26**  
**SPOTS**

# NUTRITION CALORIES COUNT PLAYING CARDS

## ONCE IN A WHILE FOODS

ONCE IN A WHILE FOODS

**RESTAURANT-STYLE FETTUCCINE ALFREDO**

1300 Calories



**TOUCH**

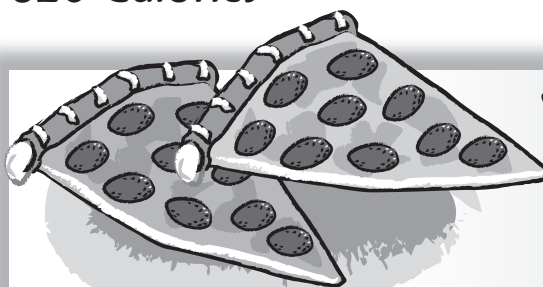
**26**

**SPOTS**

ONCE IN A WHILE FOODS

**2 SLICES OF STUFFED CRUST PIZZA**

820 Calories



**TOUCH**

**20**

**SPOTS**

ONCE IN A WHILE FOODS

**14 OZ PRIME RIB (NO SIDES)**

1100 Calories



**TOUCH**

**22**

**SPOTS**

ONCE IN A WHILE FOODS

**2 GLAZED DONUTS**

600 Calories



**TOUCH**

**16**

**SPOTS**

ONCE IN A WHILE FOODS

**20 OZ VANILLA CAFFE MOCHA**

500 Calories



**TOUCH**

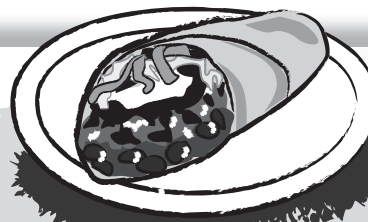
**12**

**SPOTS**

ONCE IN A WHILE FOODS

**SUPER BEEF BURRITO SUPREME**

650 Calories



**TOUCH**

**16**

**SPOTS**

