

Drink	Serving Size	CALORIES / Number of Servings / <u>Total Calories</u>
Coffee, cream, and sugar	....1 cup	75
Orange juice	....1 cup	110
Soft drinks, juice, punch	...12 oz.	140
Diet soft drinks	...12 oz.	0
Non-fat milk	1 cup	90
Whole milk	1 cup	160
Milkshake	...12 oz.	425
Beer	...12 oz.	150
Cocktail	... 1	150
Mineral water/ Water	...12oz.	0
		Your Grand Total of CALORIES =