

calorie quiz answers

At the Mall

- ✓ **Answer:** Soft serve vanilla/chocolate ice cream in a wafer cone - 150 calories

The whole wheat, butterless pretzel has a whopping 350 calories and the Cinnabon...even though it's "mini" will set you back 300 calories. While the smoothie seems like a good choice, it's a large serving and the calories add up fast (310 calories).

At the Vending Machine

- ✓ **Answer:** Nature Valley Granola Bars - 180 calories

The corn nuts are next in line at 220 calories, then peanut M&Ms at 250 calories, followed by the bag of trail mix at 480 calories.

At Starbucks - all small servings with skim milk

- ✓ **Answer:** Coffee Frappuccino Light - 110 calories

The Iced Vanilla Skim Latte is only slightly higher, so you can certainly enjoy that too (120 calories). However, the Pomegranate Frapp is laden with sugar and has as many calories as the Coffee Frappuccino Light with whipped cream (210 calories). The best Frappuccino Light options are without whipped cream - they're low in fat and less than 200 calories.

At the Movies

- ✓ **Answer:** Chocolate Covered Raisins - 410 calories

The chocolate raisins are the least caloric, although eating only half the box would be the best option by far! The Twizzlers are next (570 calories), and surprisingly the most caloric is the unbuttered, medium popcorn at a whopping 900 calories! That's because movie theatre popcorn is popped in so much oil (not to mention the salt).

At Happy Hour (3 large handfuls of each)

- ✓ **Answer:** Mini Pretzels - 330 calories

The pretzels are the best choice calorie and fat-wise, but remember that although they are fat free, the calories add up quick. Three handfuls of party mix will set you back 400 calories and three handfuls of nuts will provide about 500 calories.