



Comparing calories

The table below gives some calorie values and suggested servings.

Amount of calories	Suggested size of serving
Every 100 ml of orange juice contains 50 calories	Glass holds 150 ml
Carton of milk (1 pint) contains about 360 calories	Glass holds about $\frac{1}{4}$ pint
Baked potato contains 100 calories in 100 grams	150 grams
125 grams roast chicken has 215 calories	125 grams
25 g cheddar cheese contains 100 calories	75 grams
1 slice of bread is about 80 calories	2 slices
Vegetables (various) have about 20 calories in each serving	2 portions of vegetables
Plain salad items are about 10 calories for each item	Three items

Compare the amounts of calories in these foods.

Example: how many more calories are there in a litre of orange juice than a pint of milk?

A litre of orange juice is 1,000 millilitres and so since 100 ml of orange juice contains 50 calories, a litre will contain $10 \times 50 = 500$ calories.

A pint of milk contains 360 calories,
therefore: $500 - 360 = 140$.

There are 140 more calories in a litre of orange juice than a pint of milk.



Now try these:

1. How many more calories are in a baked potato than a salad with six items?
2. How many portions of vegetables contain the same number of calories as one slice of bread?
3. If you have a chicken sandwich (2 slices of bread) does the chicken or the bread have more calories in it?
4. How many portions of vegetables give you the same calories as one slice of bread?
5. How many pints of milk do you need to give you at least a 1,000 calories?
6. Which gives you fewer calories - five portions of vegetables or eight items of salad?