What Does 2000 Calories Look Like?

Introduction: As the image below shows, nutrition labels on food products are based on the assumption that a person consumes 2000 calories per day.

Nutrition Facts

Serving Size 1 Sandwich (209g)
Servings Per Container 1

Amount Per Serving

Calories 360   Calories from Fat 100

	% Daily Value*
Total Fat 11g	**17%**
Saturated Fat 3.5g	**18%**
Cholesterol 55mg	**18%**
Sodium 1140mg	**48%**
Total Carbohydrate 35g	**12%**
Dietary Fiber 2g	**8%**
Sugars 7g	
Protein 28g	

Vitamin A 25%	•	Vitamin C 4%
Calcium 25%	•	Iron 15%

Not a significant source of trans fat

*Percent Daily Values are based on a 2,000 calorie diet.

Make a Prediction:

Consider the following list of foods. How many of each food would equal the average person's maximum daily intake in a 2,000 calorie diet?

Your first task is to write a guess that is too high, one that's too low (but not outrageously extreme) and one that's just right.

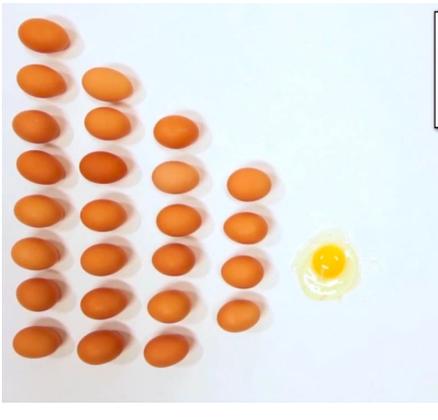| Food Items	Too High	Too Low	Just Right
Bagel			
Glazed Donut			
Eggs			
Slices of bacon			
Cinnabon cinnamon roll			
Big Mac			
Chicken McNuggets			
Large McDonald's fries			
Banana			
Avocado			
Chipotle burrito			
Cheese pizza			
Slices of bread			
M&M's (oz.)			
Almonds			
Carrots			
Cobb Salad			

Launch:

Bagels	
Calories	2000
Amount	7

Doughnuts	
Calories	2120
Amount	7

Doughnuts	
Calories	2000
Amount	6.60

Eggs	
Calories	2000
Amount	26

Bacon	
Calories	2000
Amount	50

Cinnabon	
Calories	2640
Amount	3

Cinnabon

Calories	2000
Amount	2.27
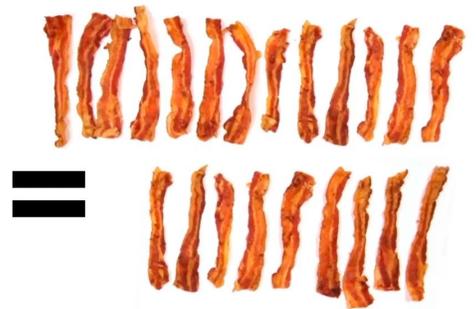
Big Mac

Calories	2200
Amount	4

Big Mac

Calories	2000
Amount	3.80

McNuggets

Calories	2000
Amount	42

Large Fries

Calories	2000
Amount	4

Guilford Public Schools
Adapted from Robert Kaplinsky https://robertkaplinsky.com/work/what-does-2000-calories-look-like/
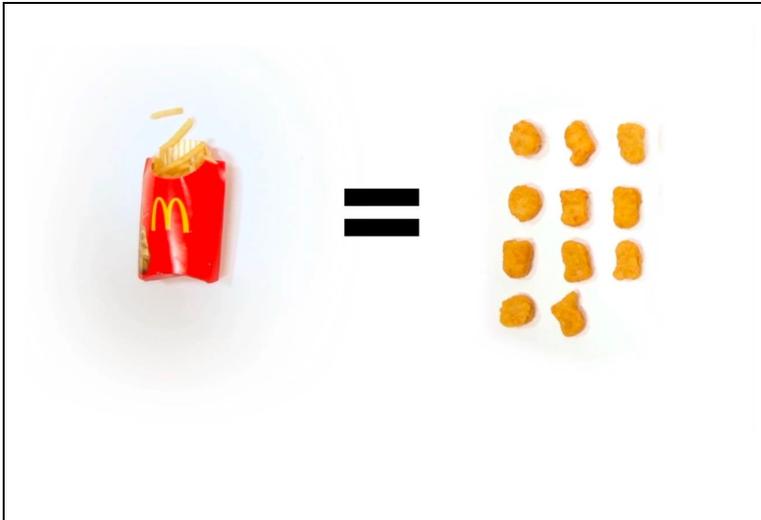
Bananas

Calories	2000
Amount	19

Avocados

Calories	2000
Amount	6.5

Chipotle Burrito

Calories	2000
Amount	2

Bread

Calories	2000
Amount	28

M&M's

Calories	2000
Amount	14 ounces

Almonds

Calories	2000
Amount	285

Carrots

Calories	2000
Amount	60
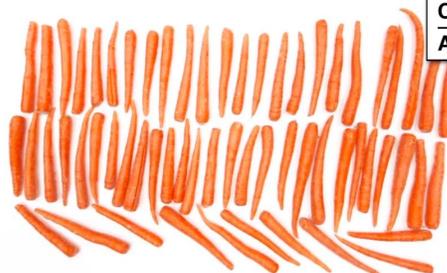
Cosi Cobb Salad

Calories	2160
Amount	3

Cosi Cobb Salad

Calories	2000
Amount	2.75

Try this….

How many calories is one bagel?

How many bagels could you eat if you want to consume 2500 calories?

Explore:

Use the video to determine the answers to the following questions. Use equations, words and diagrams to show how you solved the problem

How many calories are there in one Cinnabon?

How many slices of bacon do you need to eat to have consumed the same amount of calories as there are in one donut?

How many bananas could you consume if you wanted 1500 of your 2000 calories to come from bananas?

If you had already eaten 850 calories, what is the maximum number of slices of bread you could eat if you wanted to eat exactly 1000 calories?

For the following scenarios, translate into equations, and then solve:

How many more bagels could you eat if you had already eaten 4 of them and want to eat exactly 2,200 calories?

What is the maximum number of carrots or eggs you could eat if you had already eaten 720 calories and want to eat exactly 1,800 calories?