## Calorie Content of Common Holiday Treats

<table>
<thead>
<tr>
<th>Beverages</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup Eggnog</td>
<td>360</td>
</tr>
<tr>
<td>8 oz Hot Chocolate</td>
<td>190</td>
</tr>
<tr>
<td>12 oz Peppermint Hot Chocolate (made with 2% milk and whipped cream)</td>
<td>350</td>
</tr>
<tr>
<td>8 oz Apple Cider</td>
<td>120</td>
</tr>
<tr>
<td>5 oz Red Wine</td>
<td>130</td>
</tr>
<tr>
<td>12 oz Regular Beer</td>
<td>150</td>
</tr>
<tr>
<td>2 oz Chocolate Liqueur</td>
<td>200</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Snacks</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup Chex® Mix</td>
<td>200</td>
</tr>
<tr>
<td>1 cup Puppy Chow (chocolate cereal snack mix)</td>
<td>350</td>
</tr>
<tr>
<td>5 crackers + 2 oz cheese + 2 oz sausages</td>
<td>450</td>
</tr>
<tr>
<td>½ cup Trail Mix</td>
<td>350</td>
</tr>
<tr>
<td>3 BBQ Chicken Wings (3.5 oz)</td>
<td>240</td>
</tr>
<tr>
<td>4 BBQ Cocktail Wieners (1.3 oz)</td>
<td>140</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Treats</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>¼ Pecan Pie with ½ cup whipped topping</td>
<td>600</td>
</tr>
<tr>
<td>¼ Pumpkin Pie with ½ cup whipped topping</td>
<td>400</td>
</tr>
<tr>
<td>1 Sugar Cookie with butter cream icing</td>
<td>160</td>
</tr>
<tr>
<td>2 Peanut Butter Blossoms</td>
<td>180</td>
</tr>
<tr>
<td>3 small Chocolate Covered Pretzels</td>
<td>180</td>
</tr>
<tr>
<td>2-1 inch squares Fudge</td>
<td>150</td>
</tr>
<tr>
<td>2 oz Peanut Brittle</td>
<td>280</td>
</tr>
<tr>
<td>4 Chocolate Covered Cherries</td>
<td>250</td>
</tr>
<tr>
<td>½ cup Chocolate covered Nuts and Raisins</td>
<td>420</td>
</tr>
<tr>
<td>1 Gingerbread cookie without frosting</td>
<td>180</td>
</tr>
<tr>
<td>Fruit cake (1/8 of 1 lb cake)</td>
<td>200</td>
</tr>
</tbody>
</table>