

Calorie Content of Common Holiday Treats

Beverages	1 cup eggnog	360
	8 oz hot chocolate	190
	12 oz peppermint hot chocolate (made with 2% milk and whipped cream)	350
	8 oz apple cider	120
	5 oz red wine	130
	12 oz regular beer	150
	2 oz chocolate liqueur	200
Snacks	1 cup cereal Mix	200
	1 cup Puppy Chow (chocolate cereal snack mix)	350
	5 crackers + 2 oz cheese + 2 oz sausages	450
	1/2 cup trail mix	350
	3 BBQ chicken wings (3.5 oz)	240
	4 BBQ cocktail wieners (1.3 oz)	140
Treats	1/8 pecan pie with 1/2 cup whipped topping	600
	1/8 pumpkin pie with 1/2 cup whipped topping	400
	1 sugar cookie with butter cream icing	160
	2 peanut butter blossoms	180
	3 small chocolate-covered pretzels	180
	2-1 inch squares fudge	150
	2 oz peanut brittle	280
	4 chocolate-covered cherries	250
	1/2 cup chocolate covered nuts and raisins	420
	1 gingerbread cookie without frosting	180
	Fruit cake (1/8 of 1 lb cake)	200