


Calorie Content of Common Holiday Treats

		Calories
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 Chex® 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
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