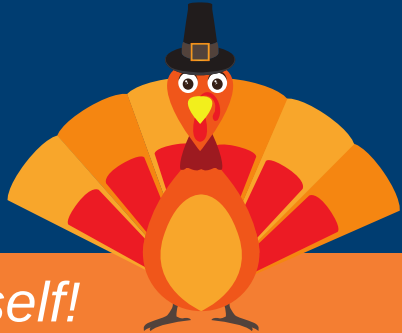


# How to Carve Up Your Thanksgiving Calories



*Stuff Your Turkey, Not Yourself!*

Men: 700 calories per meal | Women: 500 calories per meal

*Pick and choose the items on this list that add up to your target calorie range*

## Vegetables

Serving size: ½ cup

about the size of a rounded handful

Calories: varies



## Salad

Serving size: 1 cup

about the size of a baseball

Calories: about 100-150, depending on the dressing



## Turkey

Serving size: 3 ounces

about the size of 1 deck of cards

Calories: about 132 (white meat)



## Gravy

Serving size: ¼ cup

about the size of a golf ball

Calories: about 30-50



## Potatoes

(sweet potatoes or mashed potatoes)  
Serving size: ½ cup

about the size of a tennis ball cut in half

Calories: about 145



## Stuffing

Serving size: ½ cup

about the size of a standard ice cream scoop

Calories: about 180 calories



## Cornbread

Serving size: 1 medium muffin or square

about the size of a personal bar of soap

Calories: about 175 without butter



## Butter or margarine

Serving size: 1 teaspoon

about the size of 1 die

Calories: about 36



## Cranberry sauce

Serving size: ¼ cup

about the size of a golf ball

Calories: about 105



## Pie

Serving size: 1/8 of 9" pie

about the size of a standard light bulb

Calories: about 323 for pumpkin, 456 for pecan



Fill your plate with vegetables first and make them the biggest part of your meal.  
When in doubt — don't!

