

# NOVEMBER

The average Thanksgiving meal contains over 3,000 calories, of which 45% come from fat. In fact, one could consume enough fat at a Thanksgiving meal to equal **3** sticks of butter. In addition to the Thanksgiving meal, most people gobble up an **additional** 1,500 calories from snacks and drinks throughout the day.

In order to avoid overindulging on Thanksgiving:

- Choose lean proteins
- Load up on vegetables
- Limit portion sizes on items high in fat and sugar
- Avoid snacking

## ***CHOOSE THIS.....NOT THAT***

**Pumpkin Pie (1 slice)**

~ 340 Calories

**VS.**

**Pecan Pie (1 slice)**

~ 502 Calories

**Cranberry Sauce (1/4 cup)**

~ 110 Calories

**VS.**

**Stuffing (1/4 cup)**

~ 220 Calories

**Sweet Potato (large/baked)**

~ 180 Calories

**VS.**

**Mashed Potatoes (1 cup)**

~ 237 Calories

**Green Beans (1/2 cup)**

~ 22 Calories

**VS.**

**Green Bean Casserole (1/2 cup)**

~ 130 Calories