

## Typical Thanksgiving Day (7145 Calories)

### Appetizers

2 mixed holiday drinks	500
3 handfuls nuts	800
5]celery stuffed w/cream cheese	225
10 crackers w/cheese	700

### Dinner

8 ounces white and dark turkey	480
1 cup mashed potatoes w/butter	300
1 cup stuffing baked inside turkey	600
3-4 ladles gravy	800
1/2 cup sautéed green beans	50
3/4 cup candied potatoes	300
1/2 cup cranberry sauce	200
1 roll w/butter	180
1 piece pumpkin pie w/whipped cream	540
1 cup coffee w/cream and sugar	50
1 glass cider or wine	120

### Snack

1 turkey sandwich w/mayonnaise, dressing and cranberry sauce	450
1 piece pecan pie	700
2 small chocolate chip cookies	150

**Total calories**      **7145**

## Lower Calorie Thanksgiving Options (3200 Calories)

### Appetizers

2 glasses of white wine	240
15 pieces crudités w/cottage cheese	100
10 chestnuts	150

### Dinner

8 ounces white meat roasted turkey	350
1/2 cup baked acorn squash	50
2 cups stuffing baked outside the turkey	250
Baked potato w/sour cream	150
3 ladles skimmed gravy	160
2 cups green beans w/mushrooms	75
3 cups salad w/ diet dressing	100
1/2 cups cranberry sauce madew/fresh cranberries, and sugar- free Jell-O	90
2 one-ounce rolls	140
1 glass of cider or wine	120
1 piece apple pie a la mode	525
1 cup coffee w/ cream and sugar	50

### Snack

Open face turkey sandwich w/stuffing and gravy	290
1 piece pumpkin pie	300
2 chocolate mints	60

**Total calories**      **3200**



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# Health Risk Management

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