

# Thanksgiving Meal Calorie Count



| Food              | Amount      | Calories |
|-------------------|-------------|----------|
| Candy Yams        | 1/2 cup     | 225      |
| Corn on the Cob   | 1 large ear | 155      |
| Cranberries       | 1 cup       | 42       |
| French Bread Roll | 1           | 120      |
| Green Beens       | 1/2 cup     | 15       |
| Mashed Potatoes   | 1 cup       | 220      |
| Salad             | 1 cup       | 40       |
| Stuffing          | 3 oz.       | 150      |
| Turkey Breast     | 3 oz.       | 88       |
| Turkey Leg        | 6 oz.       | 245      |
| Yams              | 1           | 158      |

Enter the total calories for each Thanksgiving dinner meal. Use the calorie chart to calculate the calorie count. Look at portion sizes.

1/2c Green Beans      1 Yams      1c Salad  
3 oz Turkey Breast      3 oz Stuffing      1/2c Cranberries  
1/4c Mashed Potatoes

|                      |     |
|----------------------|-----|
| turkey breast        | 88  |
| green beans          | 15  |
| yams                 | 158 |
| salad                | 40  |
| cranberries          | 42  |
| 3 oz stuffing        | 150 |
| 1/4c mashed potatoes | 55  |

**Meal 1: 390 Total Calories**

1 Corn on the Cob      1/2 c Mashed Potatoes  
6oz Turkey Leg      6 oz Stuffing      1/2c Candy Yams  
1 French Bread Roll

|                     |     |
|---------------------|-----|
| turkey leg          | 245 |
| corn on the cob     | 155 |
| candy yams          | 255 |
| french bread roll   | 120 |
| 6 oz stuffing       | 300 |
| 1 c mashed potatoes | 220 |

**Meal 2: 1295 Total Calories**

