

Happy Thanksgiving!



Thanksgiving and other holiday meals don't have to be a nutrition disaster. What are some healthier alternatives to the traditional menu items on the left? Write your ideas in the right-hand column.

Traditional Menu	Calories	Fat (grams)	Healthy Changes
<i>Fresh raw veggies (1/2 cup)</i>	50	0	
<i>Vegetable dip (2 T.)</i>	60	4	
<i>Dark Turkey (5 oz.)</i>	262	10	
<i>Gravy (1/2 cup)</i>	58	4	
<i>Stuffing (1 cup)</i>	340	18	
<i>Cranberry sauce (1/4 cup)</i>	90	0	
<i>Potatoes, mashed with butter and whole milk (1/2 cup)</i>	130	6	
<i>Vegetable casserole (3/4 C.)</i>	135	7.5	
<i>Dinner roll with butter</i>	100	6	
<i>Sweet potatoes, candied with brown sugar and butter (1/2c)</i>	164	3.5	
<i>Pumpkin Pie with whipped cream</i>	350	20	
<i>Other</i>			
Traditional Total	1739	79	

