

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.

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

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Meal 1: _____ **Total Calories**

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

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Meal 2: _____ **Total Calories**

