

Have you ever eaten more than 7,500 calories on a holiday?

Meal	Food	Calories
Breakfast	2 pieces of toast with butter	260
	1 egg	80
	2 cups of coffee with cream and sugar	100
Appetizers	2 mixed drinks	500
	3 handfuls of nuts	800
	5 celery sticks with cream cheese	225
	10 crackers with cheese	700
Dinner	8 ounces white and dark turkey	480
	1 cup mashed potatoes with butter	300
	1 cup of stuffing	600
	3 to 4 ladles of gravy	800
	½ cup sauteed green beans	50
	¾ cup of candied sweet potatoes	300
	½ cup cranberry sauce	200
	1 roll with butter	180
	1 slice pumpkin pie with whipped cream	540
	1 cup coffee with cream and sugar	50
1 glass of cider or wine	150	
Snack	1 turkey sandwich with mayonnaise, dressing and cranberry sauce	450
	1 slice pecan pie	700
	2 small chocolate chip cookies	150
	Total calories	7,615

A few changes can cut 5,000 calories

Meal	Food	Calories
Breakfast	2 pieces of toast with jam	160
	1 egg	80
	2 cups of coffee with creamer and sweetener	60
Appetizers	2 glasses of white wine	240
	10 chestnuts	150
	15 vegetable sticks with low-fat dip	150
Dinner	6 ounces white roasted turkey	260
	½ cup baked stuffing	250
	1 baked potato with sour cream	150
	1 ½ ladles of skimmed gravy	80
	½ cup sauteed green beans	50
	2 cups salad with low-fat dressing	70
	½ cup cranberry sauce made with fresh berries and sugar-free gelatin	30
	1 small roll with fat-free butter spray	70
1 cup coffee with cream and sweetener	30	
Snack	Open-faced turkey sandwich with stuffing and gravy	290
	1 slice pumpkin pie	300
	2 chocolate mints	60
	Total calories	2,430