

A Healthy Holiday Feast

The following compares a typical Thanksgiving meal vs. an HMR-inspired low-fat holiday feast. The HMR option contains almost as much food as the first example with less than half the calories. Best of all, you won't feel deprived!

TYPICAL TURKEY BUFFET (5830 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
½ cup sautéed green beans	50
¾ cup candied potatoes	300
½ cup cranberry sauce	200
1 roll w/butter	180
1 piece apple pie à la mode	525
1 glass of cider or wine	120
1 cup coffee w/cream and sugar	50

TOTAL CALORIES 5,830

LOW-FAT TURKEY BUFFET (1930 Calories)

Appetizers

2 glasses of sparkling water	0
15 pieces crudités w/fat-free dip	100

Dinner

8 ounces white meat turkey	350
Baked potato w/sour cream	150
2 cups stuffing baked outside the turkey	250
3 ladles low-fat gravy	160
2 cups green beans w/mushrooms	75
3 cups salad w/diet dressing	100
½ cup low-calorie cranberry sauce*	90
2 one-ounce rolls	140
1 piece pumpkin pie	370
1 glass of cider or wine	120
1 cup coffee w/milk and sweetener	25

TOTAL CALORIES 1,930

*Made w/fresh cranberries, & sugar-free Jell-O