

# 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 (5,830 Calories)

### Appetizers

2 mixed holiday drinks	500
3 handfuls of nuts	800
5 celery stuffed w/cream cheese	225
10 crackers w/cheese	700

### Dinner

8 ounces white and dark meat turkey	480
1 cup mashed potatoes w/butter	300
1 cup stuffing baked inside the 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 (1,930 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*