

## A Sports Nutritionist's View: Choose your Thanksgiving Menu!

The day is approaching and the choice is ultimately yours. What are you going to fill your plate with? How are you going to enjoy your day?

Following up on my "Battling those Holiday Pounds" posted article, I've compiled the nutritional information for two traditional Turkey-day meals. One has more calories and fat than most should consume in a whole day. The other has 75% less calories and 90% less fat. Both are traditional meals containing specific holiday foods. The larger meal will most definitely cause fat to be stored. The larger meal will cause drowsiness and discomfort for hours after the meal. The smaller meal is balanced and fulfilling, leaving you energized and room for a small dessert meal two to three hours later.

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Meal Amt	Description	Protein	Carbs	Fat	Calories
<b>1</b>	<b>High Calorie Thanksgiving Day Meal, 42% of Calories from Fat</b>				
0.20 - turkey, bone removed	Turkey, all classes, dark meat, meat and skin, cooked, roasted	88.85	0.00	37.30	714.27
0.75 - cup	Potatoes, mashed, home-prepared, whole milk and butter added	2.96	26.32	6.66	166.95
0.33 - cup	Gravy, turkey, canned	2.04	4.01	1.65	40.06
0.75 - cup	Bread stuffing, bread, dry mix, prepared	4.80	32.55	12.90	267.00
1.00 - serving	STOUFFER'S, Creamed Spinach, frozen	3.50	9.00	13.13	168.75
0.25 - cup	Cranberry sauce, canned, sweetened	0.14	26.94	0.10	104.57
1.00 - roll (pan, dinner, or small roll) (2" square, 2" high)	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	2.35	14.11	2.04	84.00
1.00 - pat (1" sq, 1/3" high)	Butter, with salt	0.04	0.00	4.06	35.85
1.50 - glass (3.5 fl oz)	Alcoholic beverage, wine, table, white	0.15	1.24	0.00	105.06
	Total Grams	104.83	114.17	77.84	
	<b>Meal 1</b> Total Cal	439.57	452.8	698.63	1686.51
	Total Cal %	26.06	26.85	41.42	

Meal Amt	Description	Protein	Carbs	Fat	Calories
<b>2</b>	<b>Better choice Thanksgiving Day Meal, only 20% Calories from Fat</b>				
4.00 - slices	Turkey breast meat	19.35	0.00	1.36	94.60
1.00 - cup	Beans, snap, green, frozen, cooked, boiled, drained without salt	2.01	8.71	0.23	37.80
1.00 - small	Sweetpotato, cooked, baked in skin, without salt	1.03	14.56	0.07	61.80
0.25 - cup	Gravy, mushroom, canned	0.75	3.25	1.61	29.75
1.00 - oz	Bread stuffing, bread, dry mix, prepared	0.91	6.14	2.43	50.37
1.00 - roll (1 oz)	Rolls, dinner, whole-wheat	2.44	14.31	1.32	74.48
0.25 - oz	GFA Brands, Inc. Smart Balance	0.00	0.00	2.25	8.02
4.00 - fl oz	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid	0.17	13.80	0.12	56.21
8.00 - fl oz	Carbonated beverage, club soda	0.00	0.00	0.00	0.00
	Total Grams	26.66	60.77	9.39	
	<b>Meal 2</b> Total Cal	106.9	238.67	84.12	413.03
	Total Cal %	25.88	57.79	20.37	

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