

THANKSGIVING Serving Size Cheat Sheet

Use this cheat sheet to select healthy portions of your favorite Thanksgiving foods.

Men: 700 calories per meal • Women: 500 calories per meal

Pick and choose the items on this list that add up to your target calorie range.

Vegetables

Serving size: ½ cup

**about the size of
a rounded
handful**

Calories:
varies



Salad

Serving size: 1 cup

**about the size
of a baseball**

Calories:
about 100-150,
depending on the
dressing



Turkey

Serving size: 3 ounces

**about the size of 1 deck
of cards**

Calories:
about 132
(white meat)



Gravy

Serving size: ¼ cup

**about the size of
a golf ball**

Calories:
about 30-50



Potatoes

(sweet potatoes or mashed potatoes)
Serving size: ½ cup

**about the size of
a tennis ball
cut in half**

Calories:
about 145



Stuffing

Serving size: ½ cup

**about the size of
a standard ice
cream scoop**

Calories:
about 180 calories



Cornbread

Serving size: 1 medium
muffin or square

**about the size
of a personal
bar of soap**

Calories: about 175
without butter



Butter or margarine

Serving size:
1 teaspoon

**about the
size of 1 die**

Calories: about 36



Cranberry sauce

Serving size:
¼ cup

**about the
size of a golf ball**

Calories: about 105



Pie

Serving size:
1/8 of 9" pie

**about the size of
a standard light bulb**

Calories: about 323
for pumpkin,
456 for pecan



**Make fruits,
vegetables, beans
and whole grains
the biggest part
of your meal.**

Find the serving sizes and calorie counts for
other foods at: www.myfoodapedia.gov