

+PLAY WITH YOUR FOOD

holiday feast

Hitting the buffet table without a plan isn't going to end well. We'll help you keep your plate between 600 and 800 calories of all this goodness. By Sara Angle



1,500+ CALORIES
That's a typical Thanksgiving meal. To burn it takes four hours in the gym!

Protein

PICK ONE



Turkey

180 calories

4 grams fat per 4 ounces



Ham

178 calories

6 g fat per 4 oz



Pot roast

207 calories

10 g fat per 4 oz

Carby sides

PICK THREE



Mac 'n' cheese

151 calories

6 g fat per ½ cup



Honey-glazed carrots

135 calories

5 g fat per 1½ cups



Sweet potato casserole

126 calories

4 g fat per ¼ cup



Mashed potatoes

137 calories

6 g fat per ½ cup



Green bean casserole

110 calories

8 g fat per ⅔ cup



Stuffing

150 calories

1 g fat per ½ cup

Extras

PICK ONE OR TWO



Corn bread

160 calories

3 g fat per piece



Cranberry sauce

105 calories

0 g fat per ¼ cup



Gravy

30 calories

1 g fat per ¼ cup

CLOCKWISE FROM TOP RIGHT: IAIN BAGWELL/GETTY IMAGES, FOODCOLLECTION/GETTY IMAGES, ANNABELLE BREAKEY/GETTY IMAGES, TOM HILL/ALAMY, ROMULO A. YANES, BON APPETIT/ALAMY, SPENCER JONES/GETTY IMAGES, DAVIES AND STARR/GETTY IMAGES, BON APPETIT/ALAMY, BRENT HOFACKER/GETTY IMAGES, KRISTEN JOHANSEN/GETTY IMAGES, OKSANA BRATANOVA/ALAMY, FRANCES TWITTY/GETTY IMAGES.