



Nutritional Value of your average Thanksgiving Dinner

Brought to you by Club La Maison's Registered Dietitian: Kelly Strogon, MS, RD, LDN

Food	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Sodium (mg)	Total Carb (g)	Sugar (g)	Fiber (g)	Protein (g)
Turkey, Dark Meat, No skin	½ cup	115	3	1	55	0	0	0	20
Turkey, Light Meat, no skin	½ cup	100	1	.25	40	0	0	0	21
Mashed potatoes	1 cup	237	9	5.5	666	35	3	3	4
Homemade Gravy	½ cup	110	6	3	320	8	2	0	0
Sweet Potato Casserole	½ cup	195	8	4.7	187	29	19.5	1.4	2.5
Green Bean Casserole	2/3 cup	168	10.3	3	916	15	4.5	2.3	3
Corn (canned)	½ cup	165	1	0	571	41	7.5	4.2	5
Jellied Cranberry Sauce	¼ cup	110	0	0	10	25	21	0	0
Homemade Stuffing w/ Giblets	¾ cup	244	14	8	501	20	2.4	1	9
Dinner roll (egg)	1 2½" diameter	110	2.5	0.5	161	18	1.5	1	3
White Wine	10 oz	238	0	0	0	6	0	0	0
Pumpkin Pie w/ whip cream	1/8 pie + 2 tbsp	331	16	6	357	41.75	25.5	2.5	7
DINNER TOTALS		2123	70.8	32	3784	239	86.9	15.4	74.5
Recommended (2000 k diet)		2000	44-78	<15	1,500-2,300	225-325	No rec	25 (f) 38 (m)	50-175

For more information or for any nutrition-related questions, please contact CLM's Registered Dietitian: Kelly Strogon, MS, RD, LDN
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- Sources:
1. U.S. Department of Agriculture, Agricultural Research Service. 2005. USDA National Nutrient Database for Standard Reference, Release 18. Nutrient Data Laboratory Home Page, <http://www.nal.usda.gov/fnic/foodcomp>
 2. ESHA research Nutrient Databases
 3. Mayo Clinic. Healthy Diet: End the Guesswork with these Nutrition Guidelines. February 13, 2009. <http://www.mayoclinic.com/health/healthy-diet/NU00200>