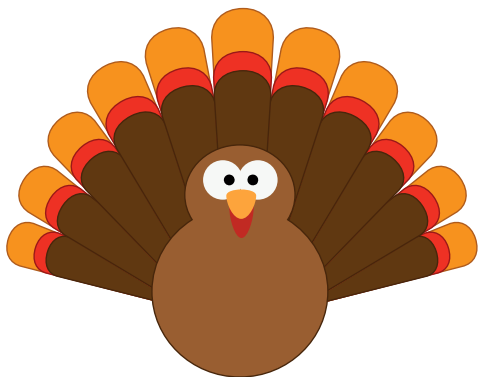


Serving Size Cheat Sheet

Select healthy portions of your favorite Thanksgiving foods.

Fill two-thirds of your plate with **plant-based foods** and the other third with healthy holiday food portions.



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

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 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



Get more
healthy eating
tips at

[mdanderson.org/food](https://www.mdanderson.org/food)

Add up your selections to stay in your target calorie range.

Men: 700 calories per meal | **Women:** 500 calories per meal