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.

### Serving Size Cheat Sheet

- **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

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

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

Get more healthy eating tips at mdanderson.org/food