

Thanksgiving Burn-to-Earn

| TRADITIONAL THANKSGIVING DINNER | CALORIE COUNT |
|--|----------------------|
| Fresh vegetables | 50 |
| Vegetable dip (2 tablespoons) | 60 |
| White and dark turkey (6 oz.) | 260 |
| Gravy (½ cup) | 200 |
| Green bean casserole (½ cup) | 200 |
| Sweet potato casserole with brown sugar, butter, and marshmallows (½ cup) | 300 |
| Stuffing (1 cup) | 300 |
| Mashed potatoes with whole milk and butter (½ cup) | 130 |
| Cranberry sauce (¼ cup) | 110 |
| 2 small dinner rolls and butter (1 tablespoon) | 280 |
| Pumpkin pie and whipped cream | 350 |
| TOTAL | 2240 CALORIES |

| HEALTHY THANKSGIVING DINNER | CALORIE COUNT |
|---|----------------------|
| White turkey without skin (3 oz.) Smaller portion and only white meat | 120 |
| Gravy (1/4 cup) Smaller portion | 100 |
| Steamed green beans with olive oil and garlic (½ cup) Modified recipe and ingredients | 25 |
| Sweet potato casserole with less brown sugar and butter (½ cup) Modified recipe with no marshmallows and less brown sugar | 140 |
| Stuffing (½ cup) Smaller portion | 150 |
| Mashed potatoes with skim milk and butter (½ cup) Modified recipe with skim milk | 90 |
| Cranberry sauce (2 tablespoons) Smaller portion | 45 |
| 1 Small dinner roll Smaller portion and eliminate the butter | 90 |
| Pumpkin pie Eliminate the whipped cream | 320 |
| TOTAL | 1080 CALORIES |

APPETIZERS/DIPS/SNACKS

| Food Item | Serving Size | Calories | Fat Grams |
|----------------------------|------------------|----------|-----------|
| Olives (green) | 1/2 cup | 77 | 8g |
| Cheeseball (w/ nuts) | 2 Tbsp | 246 | 20g |
| Mixed Nuts | 1/2 cup | 407 | 35g |
| Crackers | 10 | 177 | 7g |
| Potato Chips (regular) | 1 oz. (10 chips) | 150 | 10g |
| Potato Chips (fat-free) | 1 oz. (10 chips) | 75 | 0g |
| Tortilla Chips (regular) | 10 chips | 140 | 7g |
| Tortilla Chips (fat-free) | 10 chips | 90 | 1g |
| Onion Dip | 2 Tbsp. | 60 | 5g |
| Ranch Dip | 2 Tbsp. | 70 | 6g |
| Popcorn (microwave, w/oil) | 2 cups | 140 | 8g |

SOUPS

| Food Item | Serving Size | Calories | Fat Grams |
|------------------------------|--------------|----------|-----------|
| Oyster Stew | 1 cup | 212 | 13g |
| Mushroom Soup (w/beef broth) | 1 cup | 85 | 4g |

MAIN DISHES

| Food Item | Serving Size | Calories | Fat Grams |
|-----------------------------|--------------------|----------|-----------|
| Roasted Turkey (no skin) | 4 slices (4 oz.) | 190 | 6g |
| Baked Ham (fresh, cooked) | 3 slices (4 oz.) | 345 | 21g |
| Beef Brisket (cooked, lean) | 3 slices (4 oz.) | 291 | 15g |
| Beef Pot Roast | 3 slices (4 oz.) | 387 | 27g |
| Rib Roast | 3 slices (4 oz.) | 336 | 21g |
| Steak (broiled, lean) | 1 medium (5.5 oz.) | 310 | 13g |

SIDE DISHES

| Food Item | Serving Size | Calories | Fat Grams |
|---|--------------|----------|-----------|
| Cornbread | 1 square | 152 | 5g |
| Biscuit | 1 2" roll | 106 | 5g |
| Crescent Roll | 1 | 100 | 6g |
| Cornbread Stuffing | 1 cup | 363 | 18g |
| Bread Stuffing | 1 cup | 355 | 17g |
| Giblet Gravy (w/milk and flour) | 1/2 cup | 178 | 13g |
| Pearl Onions (w/cream) | 1 cup | 316 | 18g |
| Sweet Potato Casserole | 1 cup | 276 | 6g |
| Mashed Potatoes | 1 cup | 238 | 8g |
| Green Bean Casserole | 1 cup | 143 | 8g |
| Squash Casserole | 1 cup | 158 | 5g |
| Vegetables (raw) | 1 cup | 20 | 0g |
| Collard Greens (cooked) | 1 cup | 35 | 0g |
| Black Eyed Peas | 1 cup | 196 | 1g |
| Red Cabbage (cooked) | 1 cup | 32 | 0g |
| Carrots (glazed) | 1 cup | 217 | 12g |

| | | | |
|---------------------------------|---------|-----|-----|
| Cranberry Sauce | 1/2 cup | 209 | 0g |
| Turnip Greens | 1 cup | 29 | 0g |
| Waldorf Salad | 1 cup | 192 | 13g |
| Carrot-Raisin Salad | 1 cup | 419 | 30g |
| Cranberry/Walnut Salad | 1 cup | 348 | 12g |
| Potato Salad | 1 cup | 277 | 15g |

BEVERAGES

| Food Item | Serving Size | Calories | Fat Grams |
|-----------------------------------|--------------|----------|-----------|
| Eggnog (w/whole milk and alcohol) | 1 cup | 439 | 19g |
| Eggnog (w/o alcohol) | 1 cup | 342 | 19g |
| Wine (dry, red or white) | 7 oz. | 142 | 0g |
| Wine (lite) | 7 oz. | 102 | 0g |
| Wine Spritzer | 7 oz. | 91 | 0g |
| Beer | 12 oz. | 148 | 0g |
| Beer (lite) | 12 oz. | 101 | 0g |
| Cranberry Juice Cocktail | 1 cup | 140 | 0g |
| Apple Juice/Cider | 1 cup | 117 | 0g |
| Tea (Sweet) | 1 cup | 37 | 0g |

DESSERTS

| Food Item | Serving Size | Calories | Fat Grams |
|---|-----------------|----------|-----------|
| Cheesecake | 1/12 of 9" cake | 412 | 25g |
| Apple Crisp | 1 cup | 402 | 9g |
| Pumpkin Pie (w/o whipped cream) | 1/8 of 9" pie | 323 | 15g |
| Apple Pie | 1/8 of 9" pie | 356 | 17g |
| Pecan Pie | 1/8 of 9" pie | 456 | 21g |
| Mince Pie | 1/8 of 9" pie | 434 | 16g |
| Sweet Potato Pie | 1/8 of 9" pie | 295 | 14g |
| Coconut Cream Pie | 1/8 of 9" pie | 429 | 24g |
| Ice Cream (regular, vanilla) | 1 cup | 267 | 15g |
| Bread Pudding | 1 cup | 311 | 10g |
| Rice Pudding | 1 cup | 303 | 4g |

EXTRAS

| Food Item | Serving Size | Calories | Fat Grams |
|---|--------------|----------|-----------|
| Butter | 1 Tbsp. | 102 | 11g |
| Whipped Cream | 2 Tbsp | 103 | 11g |
| Whipped Topping (nondairy, frozen) | 1 cup | 239 | 19g |
| Whipped Topping (nondairy, pressurized can) | 1 cup | 184 | 16g |

Exercises

Calorie Formula:

Calories burned per minute = $.0175 \times \text{MET} \times \text{weight (in kilograms)}$

Divide weight (lbs) by 2.2 to get weight in kg

Make sure to multiply calories burned per minute by total duration of exercise.

| METS | Activity | Description |
|-------------|-------------------------------|--|
| 1.0 | Sitting | resting metabolic rate |
| 4.0 | Bicycling | <10 mph, general leisure |
| 6.0 | Bicycling | 10-11.9 mph, leisure, slow, light effort |
| 8.0 | Bicycling | 12-13.9 mph, leisure, moderate effort |
| 10.0 | Bicycling | 14-15.9 mph, racing, fast, vigorous effort |
| 12.0 | Bicycling | 16-19 mph, racing/not drafting or >19 mph drafting, very fast |
| 16.0 | Bicycling | >20 mph, racing, not drafting |
| 3.0 | Cycling (stationary) | 50 watts, very light effort |
| 5.5 | Cycling (stationary) | 100 watts, light effort |
| 7.0 | Cycling (stationary) | 150 watts, moderate effort |
| 10.5 | Cycling (stationary) | 200 watts, vigorous effort |
| 12.5 | Cycling (stationary) | 250 watts, very vigorous effort |
| 4.5 | Calisthenics | home exercise, light or moderate effort |
| 8.0 | Calisthenics | vigorous effort (pushups, pullups, situps) |
| 6.0 | Dancing | aerobic, ballet or modern |
| 5.0 | Dancing | low impact aerobic |
| 7.0 | Dancing | high impact aerobic |
| 1.0 | Inactivity | Sitting quietly, watching t.v., reading, talking on phone, riding in a car |
| 1.2 | Inactivity | Standing quietly |
| 8.0 | Running | 5 mph (12 min mile) |
| 9.0 | Running | 5.2 mph (11.5 min mile) |
| 10.0 | Running | 6 mph (10 min mile) |
| 11.0 | Running | 6.7 mph (9 min mile) |
| 11.5 | Running | 7 mph (8.5 min mile) |
| 12.5 | Running | 7.5 mph (8 min mile) |
| 13.5 | Running | 8 mph (7.5 min mile) |
| 14.0 | Running | 8.6 mph (7 min mile) |
| 15.0 | Running | 9 mph (6.5 min mile) |
| 16.0 | Running | 10 mph (6 min mile) |
| 18.0 | Running | 10.9 mph (5.5 min mile) |
| 15.0 | Running | Running stairs |
| 8.5 | Rowing machine | 150 watts, vigorous effort |
| 12.0 | Rowing machine | 200 watts, very vigorous effort |
| 7.0 | Skiing, cross country | 2.5 mph, slow or light effort, ski walking |
| 8.0 | Skiing, cross country | 4.0-4.9 mph, moderate speed and effort |
| 9.0 | Skiing cross country | 5.0-7.9 mph, brisk speed, vigorous effort |
| 14.0 | Skiing, cross country | >8 mph, racing |
| 16.5 | Skiing, cross country | hard snow, uphill, maximum |
| 5.0 | Skiing, downhill | light effort |
| 6.0 | Skiing, downhill | moderate effort |
| 8.0 | Skiing, downhill | vigorous effort, racing |
| 4.2 & 4.4 | Stairmaster 4000 PT & 4400 PT | manual program level 2 (number of lights) |
| 5.8 & 6.5 | Stairmaster 4000 PT & 4400 PT | manual program level 4 (number of lights) |
| 7.3 & 8.6 | Stairmaster 4000 PT & 4400 PT | manual program level 6 (number of lights) |
| 8.9 & 10.7 | Stairmaster 4000 PT & 4400 PT | manual program level 8 (number of lights) |
| 10.4 & 12.7 | Stairmaster 4000 PT & 4400 PT | manual program level 10 (number of lights) |
| 12.1 & 14.8 | Stairmaster 4000 PT & 4400 PT | manual program level 12 (number of lights) |
| 13.6 & 16.9 | Stairmaster 4000 PT & 4400 PT | manual program level 14 (number of lights) |
| 5.0 | Stairmaster Stepmill 7000 PT | exercise stage 2 |
| 7.0 | Stairmaster Stepmill 7000 PT | exercise stage 4 |
| 9.0 | Stairmaster Stepmill 7000 PT | exercise stage 6 |
| 11.0 | Stairmaster Stepmill 7000 PT | exercise stage 8 |
| 13.0 | Stairmaster Stepmill 7000 PT | exercise stage 10 |
| 15.0 | Stairmaster Stepmill 7000 PT | exercise stage 12 |
| 17.0 | Stairmaster Stepmill 7000 PT | exercise stage 14 |
| 6.0 | Swimming | leisurely, not lap swimming |
| 8.0 | Swimming | Backstroke, general |
| 10.0 | Swimming | Breaststroke, general |
| 11.0 | Swimming | Butterfly, general |
| 2.5 | Walking | 2 mph, level slow pace, firm surface |
| 3.0 | Walking | 2.5 mph, firm surface |
| 3.5 | Walking | 3 mph, level, moderate pace, firm surface |
| 4.0 | Walking | 3.5 - 4 mph, level, brisk, firm surface |
| 4.5 | Walking | 4.5 mph, level, firm surface, very very brisk |
| 6.5 | Walking | racewalking |

Squats:

If you can carry on a conversation while squatting, you're likely doing the activity with light to moderate effort. This would give you a MET value of 3.5 per minute.

If you find that you're out of breath while doing squats, your effort is a more vigorous one. The MET value may increase to as much as 8.0 per minute

Push Ups:

Average 8 MET per minute

Crunches:

Average 5 MET per minute

Burpees:

Average 8 MET per minute

Lunges:

Average 4 MET per minute

Jumping Jacks:

Average 7 MET per minute

Sit Ups:

Average 8 MET per minute

Example exercise for traditional Thanksgiving meal (2240 calories)

140 lb person runs at 6 mph for 30 minutes:

$140 \text{ lbs} / 2.2 = 63.64 \text{ kgs}$; 6 mph = 10 MET

Calories burned per minute = $0.0175 \times 10 \text{ MET} \times 63.64 \text{ kgs}$

Calories burned per minute = 11.14 calories

Calories burned in 30 minutes = 11.14 calories x 30 minutes

Calories burned in 30 minutes = 334 calories

2240 calories – 334 calories = 1906 calories left to burn