

Thanksgiving Dinner

| Food | Serving size | Calories per serving | Utilizing these calories will take: |
|------------------------------|------------------|----------------------|--|
| Turkey Breast No skin | 8 oz | 305 | Walking 1 hr 25 min jogging 25 min swimming 35 min cycling 39 min |
| Turkey Dark meat | 8oz (1 leg) | 415 | Walking 1 hr 56 min jogging 48 min swimming 35 min cycling 1 hr 4 min |
| Mashed Potatoes | 1 cup | 237 | Walking 1 hr 6 min jogging 27 min swimming 20 min cycling 36 min |
| Stuffing | ½ cup | 440 | Walking 2 hr 2 min jogging 50 min swimming 37 min cycling 1 hr 7 min |
| Sweet Potatoes | 1 cup | 260 | Walking 1 hr 11 min jogging 29 min swimming 21 min cycling 39 min |
| Green Bean casserole | 2 heaping spoons | 200 | Walking 55 min jogging 23 min swimming 17 min cycling 31 min |
| Cranberry sauce | ½ cup | 210 | Walking 1 hr jogging 24 min swimming 10 min cycling 18 min |
| Pumpkin Pie | 1 slice | 280 | Walking 1 hr & 17 min jogging 32 min, swimming 23 min cycling 43 min |
| Pecan Pie | 1 slice | 530 | Walking 2 hr 28 min jogging 1 hr swimming 44 min cycling 31 min |