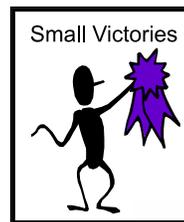


Rate A Full Plate

Activity Sheet



Amount/Calories	Food Item	Amount/Calories
5 oz with skin = 305	TURKEY	3 oz w/o skin = 135
1/2 cup = 200	STUFFING	1/4 cup = 100
1/4 cup = 15	GREEN BEANS	1/2 cup = 30
1/2 cup = 110	MASHED POTATOES	1/4 cup = 55
1/4 cup = 160	GRAVY	2 tablespoons = 80
1/4 cup = 10	TOSSED SALAD	1/2 cup = 20
2 1/2 Tbsp. = 200	SALAD DRESSING	1 tablespoon = 80
1/4 cup = 100	CRANBERRY SAUCE	2 tablespoons = 50
1100 Calories	Total Calories	550 Calories

Difference = 550 Calories

**When you control portion sizes –
you can eat 1/2 the calories and still eat all the foods you enjoy!**



Adapted from *Small Victories*, a mini-lesson series from WIN Wyoming and Department of Family & Consumer Sciences, University of Wyoming Cooperative Extension Service. www.uwyo.edu/winwyoming

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