



Rate a Full Plate



305 = 5 oz with skin	Turkey	3 oz w/o skin = 135
200 = ½ cup	Stuffing	¼ cup = 100
15 = ¼ cup	Green Beans	½ cup = 30
110 = ½ cup	Mashed Potatoes	¼ cup = 55
160 = ¼ cup	Gravy	2 Tbsp = 80
10 = ¼ cup	Tossed Salad	½ cup = 20
200 = 2 ½ Tbsp.	Salad Dressing	1 Tbsp. = 80
100 = ¼ cup	Cranberry Sauce	2 Tbsp. = 50
1100 Calories	Total Calories	550 Calories

Difference = 550 Calories

When you control portion size...
...you can eat ½ the calories and still eat the foods you enjoy!

Small Victories is a mini-lesson series promoting positive food, physical activity, and body-image attitudes and behaviors. *Small Victories* reflects the mission and principles of WIN Wyoming, a multi-agency, multi-state network that promotes healthy lifestyles instead of a specific body size, shape, or weight. WIN Wyoming is coordinated through Department of Family and Consumer Sciences, University of Wyoming Cooperative Extension Service. www.uwyo.edu/winwyoming 0203; slightly revised 0706

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