

Choose Healthier Options

Side Dishes

Mashed potatoes
127 calories

Mashed cauliflower
35 calories

Stuffing
176 calories

Cooked mixed vegetables
60 calories

Macaroni & cheese
237 calories



Macaroni salad
170 calories

Green bean casserole
142 calories

Cooked green beans
14 calories

Desserts

Pumpkin pie
323 calories

Cupcakes
150-200 calories

Apple Pie
363 calories



Fruit filled pastry
265 calories

Cheesecake
410 calories

Frozen yogurt
220 calories

Pecan pie
456 calories

Chocolate chip cookie
50 calories

Have Fun, Move More!

Flag Football w/the family
250 calories

Sitting on the couch
30 calories

Brisk pace walking
120 calories

Housework
100 calories

Playing golf (w/out cart)
150 calories

Soccer, non competitive
230 calories



Yard work
130 calories

Watching TV
60 calories

Food information found at www.myfoodpyramid.gov and are based on "typical" serving sizes;

Activity information found at <http://www.acefitness.org/calculators/physical-activity-calorie-calculator.aspx> and are based on "average" person and 30 min period