



# Avoiding Thanksgiving Portion Distortion

Did you know that the average Thanksgiving meal can rack up 3,000 calories? Let's take a look at a typical Thanksgiving menu and see where we might be able to make some tweaks.

## Visualize & Manage Your Portions:

- Turkey = 3 oz. = Palm of hand or deck of cards
- Mashed potatoes = 1/2 cup = Half of tennis ball
- Stuffing = 1/2 cup = About the size of an ice cream scoop
- Green Beans (or other non-starchy vegetable) = 1cup = About the size of a baseball
- Gravy = 1/4 cup = Golf ball
- Pumpkin pie = 1/8th of pie (9" pie) = About the size of a standard light bulb

**Ttry these delicious, diabetes-friendly Thanksgiving recipes:**



[Roasted Garlic-Butter Sweet Potatoes](#)



[Honey-Glazed Roasted Delicata Squash](#)

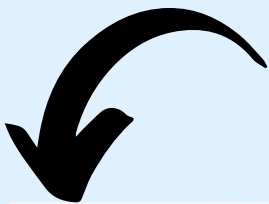


[Herb-Roasted Turkey](#)

# #DiabetesAwarenessMonth

Watch this video: [Take Charge of Tomorrow: Preventing Diabetes Health Problems](#)

You may be eligible to join the National Diabetes Prevention Program for free!




**TO JOIN CDC'S NATIONAL DPP\* LIFESTYLE CHANGE PROGRAM:**

**Meet ALL of these**

- 18+ (18 YEARS OR OLDER)
- AND
- OVERWEIGHT
- AND
- NOT DIAGNOSED WITH T1 OR T2 DIABETES
- AND
- NOT CURRENTLY PREGNANT

**AND Meet ONE of these**

- DIAGNOSED WITH PREDIABETES (BLOOD TEST)
- OR
- PREVIOUSLY DIAGNOSED WITH GESTATIONAL DIABETES
- OR
- HIGH-RISK RESULT ON PREDIABETES RISK TEST

 [WWW.CDC.GOV/PREDIABETES/RISKTEST](http://WWW.CDC.GOV/PREDIABETES/RISKTEST)

\* NATIONAL DIABETES PREVENTION PROGRAM

To find a virtual or in-person program happening near you, [Click here!](#)