

Red wine,
125 cal.



Baked ham,
133 cal.

Mashed potatoes
with gravy, 250 cal.

Green bean
casserole,
150 cal.

Mini croissant,
114 cal.

Cornbread stuffing,
179 cal.

Cranberry sauce,
86 cal.

Eggnog,
225 cal.

Pecan pie,
500 cal.

APPROX. CALORIES
IN A HOLIDAY FOODFEST

2,000

Also: 81 grams of fat, 51 grams of
protein, 235 grams of carbohydrates
and 18 grams of dietary fiber

TOO MUCH OF A GOOD THING

Why a huge holiday meal can make you feel lousy

White wine,
122 cal.



Brown rice,
216 cal.

Baked chicken,
142 cal.

Broccoli with
butter, 85 cal.

Salad with romaine lettuce,
carrots and croutons and
ranch dressing, 156 cal.

APPROX. CALORIES
IN A 'NORMAL' DINNER

700

Also: 22 grams of fat, 39 grams of
protein, 65 grams of carbohydrates
and 12 grams of dietary fiber