

The average American is expected to consume some 3,157 calories this Thanksgiving, and that's only if you don't go back for seconds. Put your stretchy pants on — Thanksgiving is coming fast. It's estimated that the average American consumes over three times the daily number of recommended calories on the unofficial kick-off to the holiday season (depending on your weight, you can pack on as many as five pounds by the time New Year's Day rolls around). So, what's the best way to avoid overeating on Turkey Day and control your calorie count? Don't skip breakfast!. Although many people avoid eating to "save room" for the big feast, eating something small in the morning means you won't be starving by the time the turkey is carved. It also helps to be aware of the foods that pack the most calories, and modify your portion size accordingly. If this is the year you're *finally* going to keep your winter waistline in check, take a look at how your dinner plate breaks down nutritionally:

Turkey (dark meat with skin)

Serving size: Two or three slices (8 oz.)
Calories: 424
Fat: 17.8g
Carbs: 0g

Green bean casserole

Serving size: 1 serving
Calories: 161
Fat: 9g
Carbs: 17g

Cranberry sauce

Serving size: 1 slice
Calories: 86
Fat: 0g
Carbs: 22g

Sweet potatoes with marshmallows

Serving size: 1 heaping scoop
Calories: 609
Fat: 8.8g
Carbs: 131.6g

Pumpkin pie

Serving size: 1 slice
Calories: 316
Fat: 14g
Carbs: 41g

Total if you go back for seconds

Calories: 6,192
Fat: 248g
Carbs: 774.2

Stuffing

Serving size: 1 cup
Calories: 320
Fat: 18g
Carbs: 42g

Mashed potatoes and gravy

Serving size: 1 cup + 1/4 cup
Calories: 237 + 206 (443 total)
Fat: 9g + 16g
Carbs: 35g + 8g

Cornbread

Serving size: 1 piece
Calories: 173
Fat: 5g
Carbs: 28g

Pecan Pie

Serving size: 1 slice
Calories: 503
Fat: 27g
Carbs: 64g

Total

Calories: 3035
Fat: 124g
Carbs: 385.6g

Recommended daily intake

Calories: 2,400 (men) 1,850 (women)
Fat: 80g, 62g
Carbs: 360g, 275 g