



Our bodies burn calories with exercise, at a rate of around 100 calories per mile, running or walking, over level terrain. To burn off a standard Thanksgiving dinner, we would have to stroll a 26.2-mile marathon.

- Eggnog (1 cup) 3.4 miles
- Wine (4 ounces) 0.9 miles
- 2nd glass of wine (4 ounces) 0.9 miles
- Dressing (1/2 cup) 2.5 miles
- Bread roll w/pat of butter 1.5 miles
- Turkey (3 slices) 1.5 miles
- Peas (1/2 cup) 0.6 miles
- Cranberry sauce (1/4 cup) 1.1 miles
- Sweet potatoes (1/2 cup) 1.3 miles
- Mashed potatoes (1 cup) and gravy (2 tbsp.) 2.9 miles
- Pumpkin pie with whipped cream 4.8 miles
- Second piece of pumpkin pie with whipped cream 4.8 miles

Marathon meal

