

# Thanksgiving Calories

Food	Kcal	Exercies
<b>Turkey Breast</b> (6 ounces) 	195	<b>Skating</b> 60 min 
<b>Mashed Potatoes</b> (1/2 cup) 	250	<b>Crossfit</b> 30 min 
<b>Apple Cake</b> (1 slice) 	411	<b>Running</b> 40 min 
<b>Pumpkin Pie</b> (1 slice) 	316	<b>Spinning</b> 28 min 
<b>Red Wine</b> (6 ounces) 	150	<b>Weight Training</b> 30 min 