

## Thanksgiving Insights

**4,500**



The **calories** the average American will consume (*plus 229 grams of fat*) at a **traditional Thanksgiving feast** according to the Calorie Control Council

**1621**

The year of the first **Thanksgiving**, a three-day feast

### FOR THE BIRDS

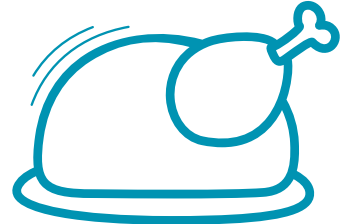
**88%**

of Americans surveyed by the National Turkey Federation **eat turkey on Thanksgiving**



**\$22.74**

The average cost of a **16-pound turkey** according to the American Farm Bureau Federation



**5** days required to **thaw a frozen 16-pound turkey** in the refrigerator, according to the United States Dept. of Agriculture

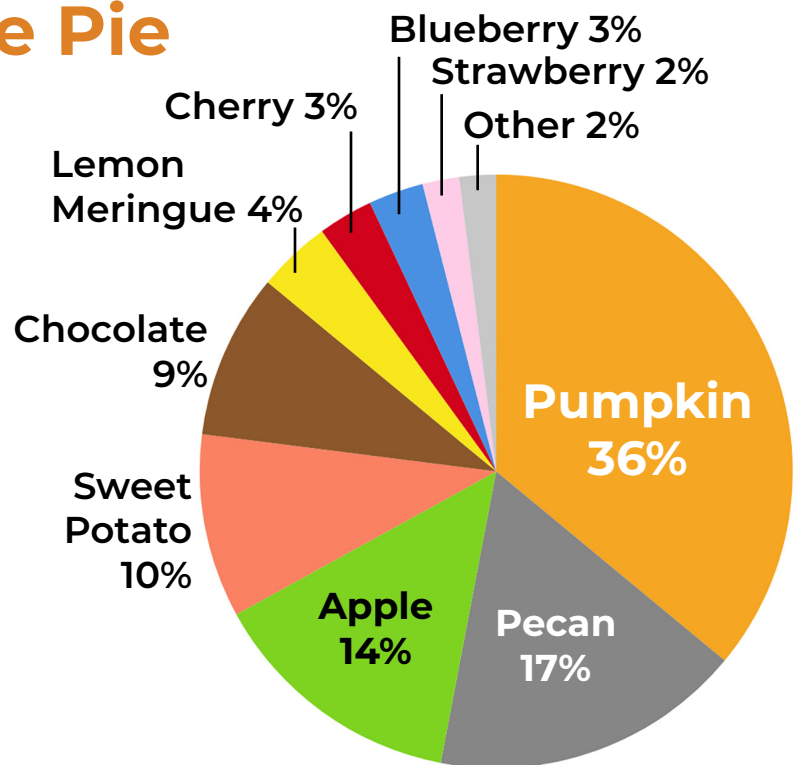
### FOOD FOR THOUGHT



## America's Favorite Pie

### SIDE DISH RANKINGS:

1. Stuffing
2. Gravy
3. Mashed Potatoes
4. Green Bean Casserole
5. Rolls



**68%**

Thanksgiving

**67%**

Independence Day

**63%**

Christmas

**THANKSGIVING** is among the three **happiest days** annually since 2008

of Americans likely to say they experience happiness and enjoyment without a lot of stress and worry.

HAPPY THANKSGIVING

from Pareto Intelligence