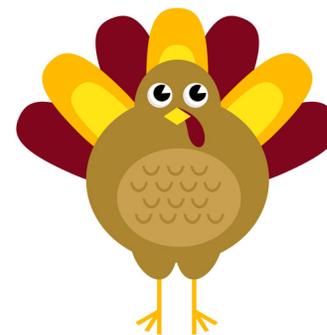


**#1: Turkey Day:** The National Turkey Federation once estimated that 46 million turkeys—one fifth of the annual total of 235 million consumed in the United States—were eaten at Thanksgiving.

# Thanksgiving



## Fun Food Facts

**#2: Talking turkey:** Back in the day, the Europeans would call guinea fowls “turkeys” since they were imported by Turkish merchants. Later, Spaniards who came to America found another bird that apparently tasted like those guinea fowls. When the English got their hands on those birds, they called them “turkeys” as well.

**#5: R-E-S-P-E-C-T:** If it were up to Ben Franklin, the turkey would be our national bird. The reason? An eagle had “bad moral character,” as he described in a letter to his daughter. A turkey was a “much more respectable bird,” he explained.



**#3. Myth busters:** Contrary to popular belief, turkey does not make you sleepy. It’s likely the overindulgence of carbohydrates and alcohol that lead to post-Thanksgiving dinner naps. The turkey myth circulates because turkey contains tryptophan, an amino acid that has a role in producing chemicals that cause sleepiness. However, tryptophan has to compete with a slew of other amino acids to enter the brain, and the amount that makes it through usually isn’t significant enough to make you sleepy.

**#4: Two-minute turkey:** In 1953, a Swanson employee misjudged the number of frozen turkeys it would sell that Thanksgiving - by 26 tons! Why throw it out? They opted instead to slice up the meat and repackage with some trimmings on the side. Thus, the “TV dinner” was born.

**#9. Let them eat:** The average American consumes an average of 3,000 calories at Thanksgiving. The most calorie-rich Thanksgiving food? Pecan pie.



**#10. Premiere of pumpkin:** When the Pilgrims sailed for America on the Mayflower in 1620, some of them were as familiar with pumpkins as the Wampanoag, a Native American tribe who helped them survive their first year at Plymouth Colony. A year later, when the 50 surviving Pilgrims were joined by a group of 90 Wampanoag for a three-day harvest celebration, pumpkin was likely on the table in some form.

**#6. Carve the ... deer?:** According to historians, turkey was not served at the first Thanksgiving dinner. What was on the menu? Deer or venison, ducks, geese, oysters, lobster, eel and fish.

**#7. Save room for dessert:** According to the *Guinness Book of World Records*, the largest pumpkin pie ever baked weighed 2,020 pounds and measured just over 12 feet long. It was made on October 8, 2005, by the New Bremen Giant Pumpkin Growers in Ohio.

**#8. Help is just a click away:** Need help preparing your big Thanksgiving dinner? AUFISI can help! **Download our Thanksgiving iBook by visiting <http://aufsi.auburn.edu/thanksgiving/> and find advice on everything from holiday grocery shopping to timing your courses just right.**