

How Many Turkeys Are Eaten on Thanksgiving?

Description

The following Thanksgiving fun facts are brought to you by the [National Turkey Federation](#) where you can more info about Turkeys (if the name doesn't make it obvious) year round.

Avery is still battling a vicious cold/sinus infection and it breaks our hearts to see her so miserable with those swollen eyes and solemn mood. By nighttime, it's as if we gave her a sedative while reading a book before bed. Last night she was out before I turned off the light for her and Going Mom who always sings to her before putting her in the crib.

Lots of love, green smoothies, and hugs with her blankie and [Lamby](#) are going on here. Hopefully these work synergistically to do the trick!



To start, here's what the NTF has to report about the number of Turkeys consumed on Thanksgiving!

In 2013, more than 240.0 million turkeys were raised. More than 200 million were consumed in the United States. We estimate that 46 million of those turkeys were eaten at Thanksgiving, 22 million at Christmas and 19 million at Easter.

Nearly 88 percent of Americans surveyed by the National Turkey Federation eat turkey at Thanksgiving. The average weight of turkeys purchased for Thanksgiving is 16 pounds, meaning that approximately 736 million pounds of turkey were consumed in the United States during Thanksgiving in 2012.

Yeah, 46 million, that's a lot of bird! I'll happily enjoy one of those 46 million in the form of an organic, free-range gobbler with our family on Thursday.

Another interesting tidbit.

Benjamin Franklin, who proposed the turkey as the official United States bird, was dismayed when the bald eagle was chosen over the turkey. Franklin wrote to his daughter, referring to the eagle's "bad moral character," saying, "I wish the bald eagle had not been chosen as the representative of our country! The turkey is a much more respectable bird, and withal a true original native of America."

Sooooo, we could be eating bald eagle for Thanksgiving instead? Hmmm, that would take a lot more bird!

We all think Turkey is to blame for our need for a nap after the big meal, but

Many people report drowsiness after eating Thanksgiving dinner. While turkey often receives the blame, recent studies suggest that carbohydrate-rich meals may cause sleepiness by increasing the number of tryptophans in the brain. Yet, the unusually large, multi-coursed, carbohydrate-rich meal most people eat on Thanksgiving is more likely the cause.

Maybe try a few grain-free options in place of the high carb food. It's more filling and typically has much more to offer nutritionally.

Compare the White and Dark Meat

- White meat is generally preferred in the United States while other countries choose the dark meat.
- A turkey typically has about 70 percent white meat and 30 percent dark meat.
- The two types of meat differ nutritionally. White meat has fewer calories and less fat than dark meat.
- The rich flavor of dark meat is especially valued in soup and stew recipes. Dark meat holds up well in rich marinades and is a perfect choice for grilling and barbecuing.

I like both white and dark. My favorite is white mixed with tart cranberry sauce since it tends to be more dry; the dark I can eat alone.

A few more facts!

Only tom turkeys gobble.

Hen turkeys make a clicking noise.

Domesticated turkeys cannot fly.

Wild turkeys can fly for short distances up to 55 miles per hour and can run 20 miles per hour.

June is National Turkey Lovers™ Month!

Of course there's much more out there, but I thought it would be best to stick with one source and share some of what they had. And what better source than the [National Turkey Federation](#)? Check out their handy link with tons of info on [how to buy, store, prep, and eat your turkey](#).

Okay, back to lots of love with the help of Lamby and blankie!



Such a sweet girl.

The Federation's goal is to increase the current average weight of 16 pounds to [20 pounds by the year 2020](#).

What do you think, can it be done?

Will help or hamper their goal?

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