

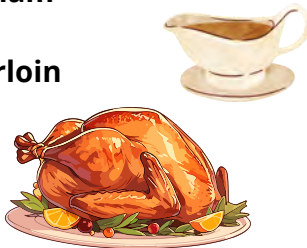
Thanksgiving Carb Counts



Thanksgiving is a time for family...and feasting! If you're watching your carb intake, it can be quite stressful. This guide was created to help you make informed choices about what to eat and drink on Thanksgiving Day, so you can enjoy a delicious and carb-conscious holiday.

Main Dish

- 0g 4 oz roasted turkey breast, no flavoring
- 6g ½ cup turkey gravy
- 0g 4 oz roasted boneless cured ham
- 4g 4 oz roasted spiral ham
- 0g 4 oz roasted lean pork tenderloin
- 0g 4 oz lean beef brisket
- 8g 1 slice pineapple (from can)
- 2g 1 Maraschino cherry



Side Dishes (Homemade unless noted)

- 49g ½ cup candied yams
- 44g 1 cup mashed potatoes
- 39g 1 cup macaroni and cheese
- 37g ½ cup sweet potato casserole (w/marshmallows)
- 31g ½ cup cornbread stuffing
- 31g 1 medium sweet potato (plain)
- 31g 3" square piece of corn bread
- 28g ¼ cup jellied cranberry sauce (canned)
- 28g ¼ whole cranberry sauce (canned)
- 27g ½ cup roasted potatoes
- 24g 1 large dinner roll
- 21g ½ cup corn pudding
- 17g ½ cup traditional bread stuffing
- 16g ½ cup corn
- 16g 1 cup coleslaw
- 13g ½ cup glazed carrots
- 9g ½ cup green bean casserole
- 7g 8 roasted baby carrots
- 6g ½ cup pearl onions in cream sauce
- 5g ½ cup cut green beans



Desserts (Homemade unless noted)

Pies

- 64g ⅛ of 9" pecan pie
- 64g ⅛ of 9" minced meat pie
- 57g ⅛ of 9" Dutch apple pie
- 55g ⅛ of 9" apple pie
- 46g ⅛ of 9" sweet potato pie
- 40g ⅛ of 9" pumpkin pie



Cookies:

- 11g 1 peanut butter cookie (~3")
- 10g 1 chocolate chip cookie (~2.5")
- 8g 1 sugar cookie (~3")
- 6g 1 gingersnap cookie (~3.5")

Other:

- 67g 1/12 of 8" layer cake w/frosting
- 51g 1 chocolate lava cake
- 49g ⅛ of 9" cheesecake
- 16g ½ cup vanilla ice cream (store)
- 2g 2 tbsp whipped cream



Drinks

- 32g 1 cup hot cocoa w/milk
- 30g 1 cup spiced apple cider
- 21g ½ cup eggnog
- 20g 1 cup hot cocoa w/water
- 13g 1 cup coffee w/cream and sugar
- 13g 12 oz regular beer
- 6g 12 oz light beer
- 5g 5 oz champagne
- 5g 5 oz red or white wine
- 0g 1 oz spirits

