**Holiday Carbohydrate Counting**

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| **Meats** | **Serving Size** | **Carbohydrate value (grams)** |
| Turkey, Ham, all other meats  | 3 oz | 0g |

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| **Grains** | **Serving Size** | **Carbohydrate value (grams)** |
| Stuffing/Dressing | 1 cup | 45 g |
| Rice | 1 cup | 45 g |
| Biscuit | 1 small | 15 g |
| Dinner Roll | 1 roll | 15 g |
| Cornbread | 2 inch x 2 inch piece | 15 g |

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| **Non-Starchy Vegetables** | **Serving Size** | **Carbohydrate value (grams)** |
| Non-starchy (everything but corn/peas/winter squash/potatoes) | ½ cup cooked | 5 g |
| Non-starchy (everything but corn/peas/winter squash/potatoes) | 1 cup raw | 5 g |
| Green bean casserole | ½ cup | 9 g |
| Garden salad | 2 cups | 2 g |

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| **Starchy Vegetables** | **Serving Size** | **Carbohydrate value (grams)** |
| Winter squash | ½ cup | 11g |
| Corn | ½ cup | 15 g |
| Peas | ½ cup | 15 g |
| Sweet potatoes | ½ cup | 25 g |
| Sweet Potato Casserole | ½ cup | 35 g |
| Mashed potatoes | ½ cup | 15 g |
| Au Gratin/Scalloped potatoes | 1 cup | 30 g |

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| **“Extras”** | **Serving Size** | **Carbohydrate value (grams)** |
| Gravy | ¼ cup | 3 g |
| Cranberry sauce | ¼ cup | 30 g |
| Deviled eggs | ½ egg | 1 g |
| Pumpkin/banana/zucchini bread | ½ inch slice | 25 g |

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| **Beverages** | **Serving Size** | **Carbohydrate value (grams)** |
| Egg nog | 1 cup | 45 g |
| Apple cider | 1 cup | 30 g |
| Hot chocolate made with water | 1 cup | 16 g |
| Hot chocolate made with milk | 1 cup | 30 g |
| Hot chocolate – no sugar added, made with water | 1 cup | 11 g |

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| **Sweets** | **Serving Size** | **Carbohydrate value (grams)** |
| Pumpkin pie | 1/6 of 8” pie = 1 slice | 30 g |
| Apple pie | 1/6 of 8” pie = 1 slice | 40 g |
| Pecan pie | 1/6 of 8” pie = 1 slice | 52 g |
| Whipped cream | 2 tablespoons | 1 g |
| Ice cream | ½ cup | 15 g |
| Cookies | 3 very small cookies | 15 g |
| 2 small cookies | 15 g |
| 1 medium cookie | 15 g |
| Peanut butter blossom cookie | 1 small cookie | 12 g |
| Brach’s candy corn | 22 pieces | 28 g (1.6 g per piece) |
| Candy cane | Average size | 15 g |
| Small size (3 ¼”) | 4 g |
| Marshmallow Bunnies or Peeps | 1 piece | 7 g |

