



Main

| <u>Item</u> | <u>Amount</u> | <u>Carbs</u> |
|-------------|---------------|--------------|
| Turkey | Any | 0g |
| Ham | Any | 0g |
| Beef | Any | 0g |
| Chicken | Any | 0g |
| Lasagna | 1 cup | 30g |

Desserts

| <u>Item</u> | <u>Amount</u> | <u>Carbs</u> |
|--------------------------------|-------------------------|--------------|
| Pumpkin Pie | 1/8 th slice | 35g |
| Apple Pie | 1/8 th slice | 45g |
| Pecan Pie | 1/8 th slice | 60g |
| Sticky Toffee Pudding | 2 oz. | 25g |
| Bread Pudding | 2 oz. | 20g |
| Trifle | 2 oz. | 15g |
| Ginger Snap Cookies | 4 (1 oz.) | 23g |
| Shortbread Cookies | 4 (1 oz.) | 21g |
| Peanut Butter Cookies | 2 | 20g |
| Sugar Cookies | 2 | 22g |
| Meringue Cookies | 6 | 15g |
| Rugelach | 2 | 20g |
| Sufganiyot (Jelly Donut) | 1 | 25g |
| Candy Cane | 1 | 15g |
| Whipped Cream (unsweetened) | 2 tbsp. | 2g |

Sides

| <u>Item</u> | <u>Amount</u> | <u>Carbs</u> |
|----------------------|---------------|--------------|
| Mashed Potatoes | 1 cup | 30g |
| Roasted Potatoes | 1 cup | 28g |
| Sweet Potato | 1 medium | 28g |
| Potato Latke | 1 medium | 10g |
| Candied Yams | ½ cup | 45g |
| Green Beans | ½ cup | 4g |
| Green Bean Casserole | ½ cup | 9g |
| Corn | ½ cup | 15g |
| Glazed Carrots | ½ cup | 25g |
| Brussel Sprouts | ½ cup | 4g |
| Stuffing | ½ cup | 20g |
| Cranberry Sauce | ¼ cup | 25g |
| Gravy | ½ cup | 5g |
| Dinner Roll | 1 | 20g |
| Challah | 2 oz. | 30g |
| Matzo Ball Soup | 1 cup | 10g |
| Matzo Ball | 1 | 6g |

Drinks

| <u>Item</u> | <u>Amount</u> | <u>Carbs</u> |
|----------------------|---------------|--------------|
| Hot Cocoa with Water | 1 cup | 15-20g |
| Hot Cocoa with Milk | 1 cup | 30g |
| Spiced Apple Cider | 1 cup | 30g |
| Eggnog | 1 cup | 60g |
| Champagne | 5 oz. | 3g |
| Wine (Red or White) | 5 oz. | 4g |
| Regular Beer | 5 oz. | 12g |
| Light Beer | 5 oz. | 3g |