

THANKSGIVING

Carb Count

CHEAT SHEET



DINNER

Food	Qty	Approx Carbs (g)
Turkey/Ham/Beef/Chicken/Duck	any	0*
Mashed Potatoes	1/2 cup	15
Stuffing	1/2 cup	20
Hashbrown Casserole	1/2 cup	
Sweet potato	1/2 cup	30
Baked Butternut Squash	1/4 cup	4
Mixed Steamed Vegetable Medley	1/4 cup	2
Green Bean Casserole	1/2 cup	9
Corn	1/2 cup	15
Carrots	1/2 cup	7
Cranberry Sauce	1/4 cup	25
Gravy	1/4 cup	3
Dinner Roll	1	20
Biscuit	1	20- 40
Sweet pickles (gerkin)	1	1
Pickled Beets (sweet)	4 slices	4
Pickled Relish (Sweet)	1 Tbsp	5
Pickled Mustard Relish	1 Tbsp	5

DESSERTS

Pie (9" diameter)		
Pumpkin Pie	1/6 piece	46
	1/8 piece	35
Pecan Pie	1/6 piece	80
	1/8 piece	60
Minced Meat Pie	1/6 piece	73
	1/8 piece	55
Apple Pie	1/6 piece	60
	1/8 piece	45
Lemon Meringue Pie	1/6 piece	66
	1/8 piece	50
Cherry Pie	1/8 piece	69
	1/6 piece	92
Blueberry Pie	1/8 piece	49
	1/6 piece	65
Whipping Cream	4 Tbsp	4
Butter tart	1	50
Ice Cream (vanilla)	1/2 cup	16

DRINKS

Apple Cider	1 cup	30
Eggnog	1/2 cup	30
Grape Juice	1 cup	27

* Some people may find they need to bolus for protein. The amount will depend on the individual. Contact your diabetic team for help.
 ** Carb Counts are Approximate as exact amounts will depend on brand and serving sizes.



Can't find your food on this list? Check out www.calorieking.com. If you download their app, you will have access to a scanner which will scan the bar code on a food package to give you the nutrition label for that item. (note: Pump Pocket is in no way affiliated with Calorie King, nor do we receive any financial benefit, we just wanted to share, that is all :)

ALSO

Food	Portion	Carbs (g)
<input type="checkbox"/> _____	_____	_____
<input type="checkbox"/> _____	_____	_____
<input type="checkbox"/> _____	_____	_____
<input type="checkbox"/> _____	_____	_____
<input type="checkbox"/> _____	_____	_____
<input type="checkbox"/> _____	_____	_____

Sources

- <https://www.medtronicdiabetes.com/loop-blog/carbohydrate-counts-for-thanksgiving-food-staples/>
- <https://waltzingthedragon.ca/diabetes/nutrition-exercise/christmas-treats-cookies-squares-candy-drinks-carb-counting-list/>
- <https://beyonddiabetes.org/holiday-carb-chart-downloadables/>
- <https://www.calorieking.com/us/en/>