



Happy Thanksgiving



Food Item	Portion Size	Total Carbohydrate
Apple Pie	1/10 th of a pie	45 g
Broccoli w/cheese	1/2 cup	5 g
Candied yams	1/2 cup	40 g
Cheesecake	1/10 th of a pie	18 g
Corn	1/2 cup	15 g
Cranberry sauce	1 Tbsp.	5 g
Dinner roll	1 oz.	15 g
Dressing/Stuffing	1/2 cup	20 g
Gravy (homemade)	1/2 cup	15 g
Green bean casserole	1/2 cup	10 g
Green beans	1/2 cup	5 g
Macaroni & Cheese	1 cup	45 g
Mashed potatoes	1/2 cup	15 g
Noodles	1 cup	45 g
Pecan Pie	1/8 th of a pie	70 g
Pumpkin cheesecake	1/10 th of cheesecake	30 g
Pumpkin Pie	1/10 th of a pie	32 g
Sweet Potato Pie	1/10 th of a pie	45 g
Turkey	Doesn't really matter	0 g

