



Food Items	Portion Size	Carb Content
Baked Beans	1/2 cup	25 grams
BBQ chicken/ribs	3 oz.	15 grams
Brownie (no icing)	2 in. square	25 grams
Cheeseburger	1 sandwich	30 grams
Cheesecake (plain)	1/6 th of cake	20 grams
Chips	1 oz.	15 grams
Coleslaw	1/2 cup	8 grams
Corn on Cob	1 - 6 in. cob	30 grams
Deviled Eggs	2 each	Free
Fruit Salad	1/2 cup	15 grams
Hotdog/Brat w/bun	1 each	25 grams
Macaroni + Cheese	1 cup	45 grams
Pasta Salad	1/2 cup	20 grams
Pie (fruit)	1/8 th of pie	45 grams
Potato Salad	1/2 cup	15 grams
Pretzels	1 oz.	20 grams
Rice Krispie Treats	2 in. square	15 grams
Strawberries	1 cup	12 grams
Strawberry Shortcake	1 each	35 grams
Watermelon	1 1/2 cups (1 wedge)	20 grams