

Christmas Carb Count Guide

Visions of Sugarplums won't elevate blood sugar, but traditional holiday treats sure can! With a little planning and this handy carb count guide, you can choose some of your favorite treats, keep your blood sugar in check, and enjoy the holiday. Just be sure to save some cookies for Santa!

PRO TIP!

Fill 2/3 of your plate with lean protein and non-starchy vegetables, and then pick and count carbs for your favorite starchy sides to round it out.

Proteins

any size serving, 0 carbs

Turkey, Ham, Roast Beef, and Chicken (don't forget the gravy)
 ¼ cup has 4 grams)

Starches

Mashed potatoes	1c	30g
Corn	½c	15g
Sweet potato casserole	½c	15g
Macaroni and cheese	½c	20g
Green bean casserole	½c	15g

Non-starchy vegetables

½ cup serving, 5g

Green beans, Brussel sprouts, Asparagus, Yellow squash or Zucchini, Carrots (roasted), **Broccoli, Cabbage, Dark greens** (collards, kale, spinach), or **Salad** (check dressing label for sugar content)

Cultural foods/staples

1 Medium Tamale (corn masa)	15g
Jollof rice	½c 20g
FuFu (cassava or plantain)	½c 30g

Beverages

Mulled wine	1c	25g
Hot chocolate (milk)	1c	30g
Eggnog	½c	30g
Coquito (Puerto Rican beverage)	4oz	25g
Beer	12oz	12g
Wine	5oz	4g



Dessert

(1 serving = ⅛ slice of pie)

Pecan pie	60g
Meringue pie	50g
Gingerbread (cake or loaf)	35g
Fruitcake	26g
1 Christmas cookie (can vary by size)	20g
1 Candy Cane	15g

