

Kwanzaa Carb Count Guide

Kwanzaa is more than celebrating foods from the African Diaspora; it's also about celebrating the principles of Kwanzaa, cultural traditions, and a sense of community. Navigating Kwanzaa and T1D gets easier when you have a plan while eating high-carb traditional African dishes and cuisine. It is also essential to fill your meals with the African Diaspora's high-fiber foods to support a balanced and favorable diet, resulting in manageable blood sugars.

Traditional Kwanzaa Dishes

Peanut stew	1c	25g
Lentil soup/stew	½c	25g
Gumbo	1c	12g
Cornbread	1 sm piece	20g
Plantains	1c	50g
Black-eyed peas	½c	15g
Banana fritters	1 med	15g
Sweet potato casserole	½c	40g
Fresh fruits	½c	15g
FuFu (cassava or plantain)	1c	35g
Jollof rice	½c	20g

Beverages

Sorrel (depending on sugar content)	1c	15g
Coquito	½c	25g
Ginger Beer, sweetened	1c	25g

PRO TIP!

Aim to load your plate with non-starchy vegetables of different colors first, followed by protein and starchy food last.

