



# HOLIDAY CARB COUNTING GUIDE



There is no reason to miss out on your favorite holiday foods. Determine the carbohydrate amounts and work them into your meals and snacks.

## FOOD TIPS

- Compare your actual portion size to what is listed as it may be different
- Offer to bring food to share to gatherings. Choose a snack or dessert your family likes which you know the carb amount for or that counts as a free food
- Adapt favorite recipes by reducing the amount of sugar or fats

Food	Weight (Grams)	Portion Size	Carbs (Grams)
PB & marshmallow square	15	1.5"x1.5"	12
Puffed wheat square	24	2"x1.5"	17
Rice Krispie square	22	2"x1.5"	17
Two bite brownie	38	1 piece	20
Nanaimo bar	50	1"x1.5"	29
Date or fig square	59	1"x2.5"	37
Butter tart	85	1 tart	44
Sugar cookie	14	3" cookie	8
Shortbread cookie	16	2.5" cookie	9
Peanut butter cookie	20	3" cookie	11
Ginger snap cookie	16	2" cookie	16
Ferrero Rocher	12	1	5
Toffifee hazelnut in caramel	8.4	1	5
Lindt chocolate truffles	13	1	6
M&Ms milk chocolate		10 M&Ms	6
After Eight Mint Thins	8.4	1	7
Nestle Turtles	17	1	10
Almond Roca	36	3	17
Terry's Orange chocolate	39	5 segments	23
Mini candy cane	6	1 mini	6
Candy cane	13	1 regular	13
Poppycock Original	31	1/2 cup	20
Jujubes	40	7-8 pieces	36
Almonds	28	1/4 cup	3
Peanuts	28	1/4 cup	5
Cashews	28	1/4 cup	10

## BEVERAGE TIPS

- Look up the carb amount online for alternate portion size as the difference is dependent on the amount of ingredients added rather than proportional to size
- Consider asking for your beverage half sweet and/or order the small size
- Add 2 grams of carbs for whipped cream

Seasonal Beverages						
	Portion	Carbs (Grams)			Portion	Carbs (Grams)
Eggnog Classic: Dairyland	1/2 cup	18		Eggnog Original: Dairyland	1/2 cup	22
Eggnog Light: Dairyland	1/2 cup	21				

GOOD EARTH <a href="http://www.goodearthcoffeehouse.com/menu">www.goodearthcoffeehouse.com/menu</a>			STARBUCKS <a href="http://www.starbucks.ca/menu">www.starbucks.ca/menu</a>		
	Portion	Carbs (Grams)		Portion	Carbs (Grams)
Chai latte	340 mL	15	Steamed milk without flavor	tall 354 mL	15
Flavored milk steamer kids	255 mL	29	Cran-Merry orange refresher	tall 354 mL	17
Hot chocolate kids	255 mL	35	Hot chocolate without whipped cream	tall 354 mL	29
Zinger ginger cookie	53 g	32	White hot chocolate	tall 354 mL	35
Gingerbread family cookies	85 g	48	Pumpkin spice crème steamer	tall 354 mL	40
Butter tart	75 g	49	Peppermint hot chocolate	tall 354 mL	42
TIM HORTONS <a href="http://www.timhortons.ca/nutrition-and-allergens">www.timhortons.ca/nutrition-and-allergens</a>			Steamed apple juice	tall 354 mL	44
	Portion	Carbs (grams)	Peppermint white hot chocolate	tall 354 mL	49
White hot chocolate	small	43	Caramel apple spice	tall 354 mL	60
Hot chocolate	small	48	Snowman cake pop	1	22
Candy cane white hot chocolate	small	55	Penguin cookie	1	35
Candy cane hot chocolate	small	60	Cranberry bliss bar	1	38
Baileys dream hot chocolate	small	71	Gingerbread loaf	1	69