



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 www.goodearthcoffeehouse.com/menu | | | STARBUCKS www.starbucks.ca/menu | | |
|---|---------|---------------|---|-------------|---------------|
| | 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 www.timhortons.ca/nutrition-and-allergens | | | 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 |