



Happy Thanksgiving

A Guide to Popular Thanksgiving Dishes

Food Item	Portion Size	Total Carbohydrate
Apple pie	1 slice (1/10 of a pie)	45 grams
Broccoli with cheese	½ cup	5 grams
Candied yams	½ cup	40 grams
Cheesecake	1 slice (1/10 of a cake)	18 grams
Corn	½ cup	15 grams
Cranberry sauce	1 tbsp.	5 grams
Dinner roll	1 ounce	15 grams
Dressing/stuffing	½ cup	20 grams
Gravy (homemade)	½ cup	15 grams
Green bean casserole	½ cup	10 grams
Green beans	½ cup	5 grams
Macaroni and cheese	1 cup	45 grams
Mashed potatoes	½ cup	15 grams
Noodles	1 cup	45 grams
Pecan pie	1 slice (1/8 of a pie)	70 grams
Pumpkin cheesecake	1 slice (1/10 of a cake)	30 grams
Pumpkin pie	1 slice (1/10 of a pie)	32 grams
Sweet potato pie	1 slice (1/10 of a pie)	45 grams
Turkey	Doesn't matter	0 grams