Carb Count Reference
Camp Kudzu Cookout

Main
Hot Dog
1 Dog- 2g Carbs
Hot Dog Bun- Whole Wheat
1 Bun- 23g Carbs
Hamburger Patty
1 patty- 0g Carbs
Hamburger Bun- Whole Wheat
1 Bun- 24g Carbs
Tomato
1 slice-1g Carbs
Lettuce
1 slice- 0g Carbs
Cheese
1 slice- 0g Carbs

Drinks
Diet Coke/ Diet Sprite
1 can- 0g Carbs
Flavored Carbonated Water
1 can- 0g Carbs
Crystal Light Packet
1 packet- 1g Carbs

Condiments
Ketchup
1 Tbsp- 5g Carbs
Mustard Yellow
1 Tbsp- 1g Carbs
Relish
1 Tbsp- 3g Carbs

Sides
Clementine
1 piece- 9g Carbs
Apple- Small
1 piece- 15g Carbs
Popcorn Bag
1 indiv bag- 8g Carbs
Oreo Cookies
1 pack- 16g Carbs
Chips Ahoy! Cookies
1 pack- 15g Carbs
Golden Oreo Cookies
1 pack- 17g Carbs
Hershey’s Kisses
3 Kisses- 9g Carbs

Tips & Tricks
1- Plan Ahead
2- Moderation is Key!
3- Notice your portion sizes.
Use hand cues to help with serving sizes if you do not have utensils for accuracy.

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We’ve Got Diabetes Covered