

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

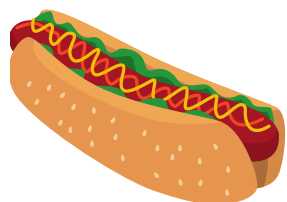
1 can- 0g Carbs

Flavored Carbonated Water

1 can- 0g Carbs

Crystal Light Packet

1 packet- 1g Carbs



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

Condiments

Ketchup

1 Tbsp- 5g Carbs

Mustard Yellow

1 Tbsp- 1g Carbs

Relish

1 Tbsp- 3g 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.