**Carb Count Reference Tailgate Guide**

**Chick-Fill-A Nuggets**
4 Nuggets- 5g Carbs
6 Nuggets- 7g Carbs

**Raw Vegetables- Non Starchy**
1 cup- 5g Carbs

**Ranch Dressing**
2 Tbsp- 2g Carbs

**Fresh Fruit**
3/4 cup - 1 cup 15g Carbs

**Cheese Cubes**
1 oz- 0g Carbs

**Deli Meat Cubes**
1 oz- 0g Carbs

**Diet Coke**
1 oz- 0g Carbs

**Crystal Light Packet**
1 packet- 0g Carbs

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**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!