

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

1oz- 0g Carbs

Deli Meat Cubes

1 oz- 0g 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.

Diet Coke

1 oz- 0g Carbs

Crystal Light Packet

1 packet- 0g Carbs

