



HEALTH PROMOTION: DIABETES

Common Thanksgiving carbohydrate Counts

It's easier to enjoy holidays like Thanksgiving if you know how many grams of carbohydrates are in the foods you eat. Why? Some diabetics need to eat a pre-determined amount of carbohydrates (CHO) for a meal. Others may calculate insulin dose based on CHO intake. Knowing the amount of CHO in common foods makes it easier to make informed choices and manage diabetes while partaking of and enjoying the celebration.

Please remember that a lot of things determine the amount of carbohydrates in prepared foods. If the food is packaged, read the label to find out the serving size and how many grams of carbohydrates there are per serving. The calculation can be made from there.

The challenge comes from homemade foods. This is especially true when people who aren't part of your immediate household prepare the food. We don't have any way of knowing what ingredients they used. It's not safe to assume you know. There are a LOT of variations even in "classic" or "traditional" dishes. There may be a lot of "hidden" carbohydrates in seasoning, marinades and other parts of the recipe. Use common values if necessary but it's OK to ask the person who made it. It's a good conversation starter too, if you need one.

For these reasons, please know that this list is for reference purposes only and may not provide a precise carbohydrate value. Amounts are based on commonly agreed upon values.

Carbohydrates in Traditional American Thanksgiving Foods

Main Dishes

A single serving (4 ounces) of common main dish meats contain no carbohydrates. This includes turkey breast, ham (without glaze), pork tenderloin, and beef brisket. Be careful about types of marinades or rubs that may be used. Many contain honey, brown sugar and other carb-heavy ingredients.

Side Dishes

Green salads, even if they have carrot and a few veggies added, have no carbohydrates worth counting. Be careful about salad dressings though as many contain significant amounts of sugar. This is especially true of “French” and “Russian” style dressing but can also be found in others including ranch. Read the label if possible. Ask about ingredients in homemade dressings.

1/6 box	dry mixed stuffing	21 g
1 cup	mashed potatoes	35 g
½ cup	turkey gravy	6 g
½ cup	sweet potato casserole	37 g
1 cup	green bean casserole	12 g
1	dinner roll	13 g
¼ cup	canned cranberry jelly	25 g
2 oz piece	corn bread	29 g
1 cup	corn pudding	42 g

Desserts

1/6	apple pie	40 g
1/8	pumpkin pie	41 g
1/8	pecan pie	64 g

It's OK to feel "stuffed" after a Thanksgiving meal, as long as it's not related to high blood sugar. Know what's in the foods you are eating so you can enjoy the holiday by keeping yourself healthy. Bon Appetit'!



Disease Prevention & Health Promotion program

www.aging.idaho.gov/diabetes