



Friends for Life® Orlando 2022

July 5-10, 2022 • Disney's Coronado Springs Resort • Orlando, FL



CARB COUNTS

T1D Adult Social Event

Friday, July 8, 2022

FOOD	PORTION SIZE	CARBS
Cured Meats:	–	0
Gourmet Cheese:	–	0
Marinated Vegetables	1 piece	1
Crackers	4 crackers	10
Flatbread	1 piece	11
GF Crackers (served on both the GF and regular buffets)	5 crackers	8
GF Flatbread	1 piece	6
Red Pepper Hummus	1 Tbsp	3
Sliced Fruit Display	Pineapple Cube: 2g, Cantaloupe Cube: 1g, Strawberry: 2g, 2 Grapes: 1g, 1 Blackberry: 1g, 1/4 cup Blueberries: 5g	
Honey Yogurt Dip	1 Tbsp	4
Tortilla Chips (GF)	5	10
Salsa Fresca	1 Tbsp	2
Queso	1 ladle	4
Spinach Dip	1 Tbsp	1
Swedish Meatballs	3	4
GF Swedish Meatballs	3	3
Ice Cream Sundae Bar		
Vanilla Bean Ice Cream	1 scoop	15
Chocolate Ice Cream	1 scoop	17
Chocolate Sauce	1 ladle	18
Caramel Sauce	1 ladle	30
Strawberry Sauce	1 ladle	20
Chocolate Cookie Crumbs	1 Tbsp	6
GF Cookie Crumbs	1 Tbsp	9
M&Ms	1 Tbsp	9
Whipped Cream	1 Tbsp	2
Cherries	1 cherry	2
Rainbow Sprinkles (GF)	1 Tbsp	9
Unsweetened Iced Tea	8oz	0
Sugar Free Fruit Punch (Crystal Lite)	8oz	0
Regular Country Time Yellow Lemonade	8oz	16