



Friends for Life® Orlando 2022

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



CARB COUNTS

Dessert with the Faculty

Friday, July 8, 2022

FOOD	PORTION SIZE	CARBS
Coconut Rice Pudding	1	18
Chocolate Covered Strawberries	1	6
Brownies	1	22
GF Brownie	individually packaged	see label
Whipped Cream	1 Tbsp	1
Mixed Berry Sauce	1 ladle	18
Sliced Fruit Display	Pineapple Cube: 2g, Cantaloupe Cube: 1g, Strawberry: 2g, 2 Grapes: 1g, 1 Blackberry: 1g, 1/4 cup Blueberries: 5g	
Coffee/Decaf/Hot Tea	-	0
Unsweetened Iced Tea	8oz	0
Sugar Free Fruit Punch (Crystal Lite)	8oz	0
Regular Country Time Yellow Lemonade	8oz	16