



Friends for Life® Indianapolis 2022

April 1-3, 2022 • Crowne Plaza • Indianapolis, Indiana



CARB COUNTS

Friday Reception

FOOD	PORTION SIZE	CARBS
Domestic Cheese	—	0g
Crackers	4 crackers	12g
GF Crackers	4 crackers	5g
Vegetable Crudite	1 cup	5g
Vegetable Dip	1 tbsp	1g
Swedish Meatballs	6 meatballs	10g
GF Swedish Meatballs	2 meatballs	8g
Fruit Salad	1 cup	15g
Yogurt Dip (GF)	1 tbsp	3g
Chocolate Chip Cookie	1 cookie	17g
Brownies	1 brownie	37g
Rice Crispy Treats	individually labeled	individually labeled
GF Brownies	individually labeled	individually labeled
GF Chocolate Chunk Cookie	individually labeled	individually labeled
GF Rice Crispy Treats	individually labeled	individually labeled
Milk and Soy Milk	individually labeled	individually labeled
Sugar Free Fruit Punch	12oz	0g
Lemonade	12oz	24g
Unsweetened Iced Tea	12oz	0g
Coffee/Tea	—	0g