



Friends for Life® Indianapolis 2022

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



CARB COUNTS

Sat/Sun AM Snack

FOOD	PORTION SIZE	CARBS
Coffee and Tea	—	0g
Sugar Free Fruit Punch	12oz	0g
Lemonade	12oz	24g
Iced Tea	12oz	0g
Milk and Soy Milk	individually labeled	individually labeled