



Friends for Life® Indianapolis 2022

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



CARB COUNTS

Sat/Sun Breakfast

FOOD	PORTION SIZE	CARBS
Orange juice	8oz	26g
Cranberry juice	8oz	28g
Apple Juice	8oz	30g
Fruit	Pineapple: 3/4c Watermelon, grapes, cantaloupe, and honeydew: 1c	15g
White Bread	1 slice	21g
Wheat Bread	1 slice	20g
Multigrain Bread	1 slice	23g
Bagels	1 bagel	46g
GF White Bread	1 slice	15g
GF Multigrain Bread	1 slice	23g
GF Bagel - plain	1 bagel	65g
Condiments	Ketchup pkg: 2g, Cream Cheese: 1g, Butter: 0g, Honey: 11g, Strawberry and Grape Jam: 9g	
Scrambled Eggs	—	0g
Bacon	—	0g
Breakfast Potatoes (GF)	1/2 cup	17g
Vanilla Yogurt	1/2 cup	16g
Oatmeal (GF)	6oz	22g
Brown Sugar	individually labeled	individually labeled
Milk and Chocolate Milk	individually labeled	individually labeled
Soy Milk	individually labeled	individually labeled
Coffee and Tea	—	0g