



# Fall Foods

## CARB COUNTING GUIDE



IT'S PUMPKIN SPICE SEASON!



WITH DIABETES, IT'S IMPORTANT TO KNOW  
WHAT FOODS HAVE CARBS AND HOW MANY

Starbuck's Pumpkin Spice Latte  
(Grande 16 oz)  
52 g

Chobani Pumpkin Spice Yogurt  
(5.3 oz)  
14 g

Pumpkin Spice Cheerios  
(1 cup)  
29 g



Pumpkin Pie  
(1 serving from AllRecipes)  
41.8 g

Salted Caramel  
Swiss Miss Hot Chocolate  
(1 packet)  
32 g

Butternut Squash Soup  
(1 serving from AllRecipes)  
59.7 g

Brach's Candy Corn  
(15 pieces)  
28 g