

Fair Food Facts



For people with diabetes, a day at the fair can be fun, yet challenging. With many tempting foods available it can be tough to stick to your food plan. This resource is designed to provide you with information to help you count carbs and make good food choices. To lessen the impact on your glucose levels, try splitting food with a friend. Walking at the fair will also help you handle the extra carbs and calories and be sure to watch your intake of fried foods, which can be high in fat and carbs. Remember to stay hydrated by drinking water instead of sweetened, high carb beverages. Enjoy the day!

Food	Serving	Calories	Carb Grams	Carb Choices	Fat Grams	Fiber Grams
Baked potato (plain)	1 (6 oz)	158	35	2	0	4
Belgian waffle on stick (plain)	1	278	35	2	12	1
Blooming onion with dip	1 onion	1565	186	12	84	25
Blueberry muffin	1 medium	300	55	4	6	4
Bratwurst on bun	1 (4 oz)	420	25	2	27	1
Brownie	2 - ¾ inch sq.	227	36	3	9	1
Burrito with beef and beans	1 (9 oz)	495	55	4	17	11
Caramel apple	1 medium	243	54	4	4	4
Caramel corn with peanuts	1 cup	240	46	3	4	2
Chicken nuggets	6 (4 oz)	278	16	1	18	0
Chili dog on bun	1	290	28	2	15	1
Chili with beans	1 cup	310	15	1	17	7
Chow mein (no noodles)	1 ½ cups	150	15	1	5	3
Cinnamon roll	1 large	309	42	3	14	2
Coleslaw	¾ cup	183	17	1	13	3
Corn dog	1	210	25	2	10	2
Corn on the cob with butter	1 cob	148	33	2	2	2
Cotton candy	1 serving	220	56	4	0	0
Croissant with butter	1 medium	231	26	2	12	2
Éclair with custard	1	233	22	2	14	1
Egg roll	1 - 5 inch	210	20	1	11	2
Enchilada with beef	1 (7 oz)	290	21	2	12	3

NOTE: Some servings listed may be smaller than what is actually served. One “carb choice” equals 15 grams of total carbohydrate.

Food	Serving	Calories	Carb Grams	Carb Choices	Fat Grams	Fiber Grams
Enchilada with chicken	1 (7 oz)	235	17	1	5	1
Foot long hot dog on bun	1	560	39	3	35	2
French bread (plain)	1 medium slice	180	35	2	2	2
French fries	1 small serving	248	30	2	13	3
Fried cheese curds	5 ounces	533	34	2	34	2
Fried chicken breast with skin	1 piece (5–6 oz)	320	4	0	15	0
Frozen yogurt, vanilla (soft)	½ cup	114	17	1	4	0
Fudge	1 ounce	116	21	2	3	0
Funnel cakes	1 cake (3 oz)	356	49	3	16	1
Gyro with meat	1	510	42	3	29	2
Hamburger on bun	¼ pound	426	32	2	23	2
Ice cream	½ cup	137	16	1	7	2
Juice	8 ounces	120	28	2	2	2
Kettle corn	6 cups popped	210	24	2	12	3
Kolache (filled with fruit)	1	210	37	3	5	1
Lefse (plain)	1 sheet	120	22	2	2	1
Lemonade	8 ounces	67	16	1	0	0
Mini-doughnuts	5	270	38	3	10	0
Pancake	1 - 6 inch	175	22	2	7	0
Peanuts (in shell)	10	58	2	0	5	1
Pizza, small with cheese	1 slice (thin crust)	192	17	1	10	1
Popcorn (oil-popped)	6 cups popped	330	38	3	19	7
Potato chips	12–18 (1 oz)	155	14	1	10	2
Pretzel (soft)	1 large (6 oz)	485	100	7	4	3
with cheese	1 ounce	77	4	0	6	0
Scone (plain)	1	420	59	4	17	1
Shake, vanilla	12 ounces	369	49	3	16	2
Snow cone with syrup	1	270	68	5	0	0
Spaghetti with meatballs	1 ½ cups	412	52	4	14	4
Stir fry with meat (no rice)	1 ½ cups	244	22	2	8	2
Stuffed green pepper with beef	1	439	43	3	20	5
Sub sandwich with cold cuts	1 - 6 inch	456	51	4	19	4
Sub sandwich with meatballs	1 - 6 inch	580	70	5	23	4
Taco with beef	1 - 7 inch	214	20	1	10	3
Tortilla chips	6 - 12 (1 oz)	138	19	1	7	2
Turkey burger on bun	1	279	22	2	10	2
Turkey drumstick with skin	1 drumstick	363	0	0	19	0
Veggie burger on bun	1	239	31	2	7	4

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