

| Food Item                 | Portion Size | Carb Count |
|---------------------------|--------------|------------|
| BBQ Sauce                 | 2 tbs.       | 8.34 grams |
| Dressing, Ranch 1 oz      | 1 each       | 4 gram     |
| Dressing, Ranch, Homemade | 2 tbs.       | 1.7 grams  |
| Dressing, Thous Isl 1.5   | 1 each       | 12 grams   |
| Honey Mustard             | 1 each       | 8 grams    |
| Ketchup,Ind. 9 gram       | 1 each       | 2.66 grams |
| Ketchup,Ind. 27 gram      | 1 each       | 8 grams    |
| Marinara Sauce            | 2 oz         | 4.18 grams |
| Mayonaisse, Ind.          | 1 each       | 1 grams    |
| Mustard, Ind.             | 1 each       | 0 gram     |
| Salsa, mild               | 2 tbs.       | 2 grams    |
| Soy Sauce, ind            | 1 each       | 0 grams    |
| Sour Cream, Ind. 1 oz     | 1 each       | 4 grams    |
| Sweet & Sour Sauce        | 1 each       | 13 grams   |
| Tartar Sauce, Ind.        | 1 each       | 3 gram     |
| <br>                      |              |            |
| Margarine, Ind.           | 3 tbs.       | 0 grams    |
| Nacho Cheese Sauce        | 1/4 cup      | 5.49 grams |
| <br>                      |              |            |
| Assorted Jelly ind        | 14 gram      | 9 grams    |
| Syrup ind                 | 1 each       | 30 gram    |