

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 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 |
|-----------------------------------|----------------------|----------|------------|--------------|-----------|-------------|
| Alligator on a stick | 1 | 251 | 4 | 0 | 20 | 0 |
| Baked potato (plain) | 1 (6 ounces) | 158 | 35 | 2 | 0 | 4 |
| Baklava | 1 (1 ¾ inch) | 245 | 32 | 2 | 13 | 1 |
| Belgian waffle on a 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 ounces) | 420 | 25 | 2 | 27 | 1 |
| Brownie | 2 ¾ inch square | 227 | 36 | 3 | 9 | 1 |
| Burrito with beef and beans | 1 (9 ounces) | 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 |
| Cheese curds, deep-fried | 5 ounces | 533 | 34 | 2 | 34 | 2 |
| Cheesecake on a stick | 1 (6 ounces) | 655 | 56 | 4 | 47 | 0 |
| Chicken nuggets | 6 nuggets (4 ounces) | 278 | 16 | 1 | 18 | 0 |
| Chili dog on bun | 1 | 290 | 28 | 2 | 15 | 1 |
| Chili fries | 1 (10 ounces) | 700 | 83 | 6 | 36 | 11 |
| 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 (regular) | 1 | 210 | 25 | 2 | 10 | 2 |
| Corn dog (jumbo size) | 1 | 375 | 36 | 3 | 21 | 2 |
| Corn on the cob with butter | 1 cob | 148 | 33 | 2 | 2 | 2 |
| Cotton candy | 1 serving | 220 | 56 | 4 | 0 | 0 |
| Cream puff with custard filling | 1 (4 ½ ounces) | 335 | 30 | 2 | 20 | 1 |
| Croissant with butter | 1 medium | 231 | 26 | 2 | 12 | 2 |
| Deep-fried butter balls | 1 ball | 114 | 6 | 1 | 10 | 0 |
| Deep-fried corn fritters | 12 pieces | 415 | 42 | 3 | 25 | 0 |
| Deep-fried Oreos® | 5 cookies | 891 | 108 | 7 | 48 | 3 |
| Deep-fried pickle spear | 1 | 50 | 8 | 1 | 1 | 0 |
| Deep-fried s'more on a stick | 1 | 275 | 28 | 2 | 16 | 1 |

NOTE: These figures are based on averages and may vary some from actual servings. One "carb choice" equals 15 grams of total carbohydrate.

| Food | Serving | Calories | Carb Grams | Carb Choices | Fat Grams | Fiber Grams |
|-------------------------------------|----------------------|----------|------------|--------------|-----------|-------------|
| Deep-fried Snickers® bar | 1 | 445 | 42 | 3 | 29 | 0 |
| Éclair with custard | 1 | 233 | 22 | 2 | 14 | 1 |
| Egg roll | 1 - 5 inch | 210 | 20 | 1 | 11 | 2 |
| Enchilada with beef | 1 (7 ounces) | 290 | 21 | 2 | 12 | 3 |
| Enchilada with chicken | 1 (7 ounces) | 235 | 17 | 1 | 5 | 1 |
| Falafel | 1 (11 ½ ounces) | 660 | 85 | 6 | 27 | 0 |
| 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 bacon on a stick, maple syrup | 1 stick | 229 | 5 | 0 | 16 | 0 |
| Fried chicken breast with skin | 1 piece (5–6 ounces) | 320 | 4 | 0 | 15 | 0 |
| Fried green tomatoes | 3 slices | 222 | 15 | 1 | 17 | 2 |
| Frozen banana, chocolate coated | 1 (5 ounces) | 240 | 53 | 4 | 4 | 5 |
| Frozen yogurt, vanilla (soft) | ½ cup | 114 | 17 | 1 | 4 | 0 |
| Fudge | 1 ounce | 116 | 21 | 2 | 3 | 0 |
| Funnel cakes | 1 cake (3 ounces) | 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 | 1 |
| Juice | 8 ounces | 120 | 28 | 2 | 1 | 1 |
| Kettle corn | 6 cups popped | 210 | 24 | 2 | 12 | 3 |
| Key lime pie bar | 1 (6 ounces) | 635 | 59 | 4 | 40 | 0 |
| 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 |
| Peanuts (in shell) | 10 | 58 | 2 | 0 | 5 | 1 |
| Pickle on a stick | 1 (6 inches) | 30 | 8 | ½ | 0 | 0 |
| 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 ounce) | 155 | 14 | 1 | 10 | 1 |
| Pretzel (soft) | 1 large (6 ounces) | 485 | 100 | 7 | 4 | 3 |
| with cheese | 1 ounce | 77 | 4 | 0 | 6 | 0 |
| Salted nut roll | 1 (1 ¾ ounces) | 240 | 27 | 2 | 11 | 2 |
| Shake, vanilla | 12 ounces | 369 | 49 | 3 | 16 | 2 |
| Snow cone/Hawaiian shaved ice | 1 (1 ounce syrup) | 85 | 22 | 2 | 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 |
| Sweet Martha’s choc. chip cookies | 3 cookies | 270 | 42 | 3 | 12 | 0 |
| Taco with beef | 1 - 7 inch | 214 | 20 | 1 | 10 | 3 |
| Tortilla chips | 6 - 12 (1 ounce) | 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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