

Table 1**COMMON TAILGATING FOODS WITH NUTRITIONAL INFORMATION***

		Serving Size	Calories	Carbs (Grams)
BREAKFAST				
Donuts				
Glazed Donut		one	260	31
Cake Donut		one	320	32
Bagel		4.1 oz	330	55
Cream Cheese		1 table spoon	35	0.3
Cinnamon Roll				
Mini (1.1 oz)		one	110	17
Large		one	639	84
Scone		4.5 oz	609	76
Breakfast taco		one	250	20
Mimosa		8 oz	135	14
LUNCH & OTHER SNACKS				
Cheese cubes		7 cubes (1.1 oz)	120	1
Chips		15 chips	160	15
Potato Tortilla		11 chips	150	17
Salsa		1 tablespoon	5	1.5
Onion Dip		1 tablespoon	30	1.5
Cheese Dip		1 tablespoon	25	2
Gucamole		1 tablespoon	25	1.5
Hamburgers		one, with bun	600	50
Hot Dogs		one, with bun	350	30
Bratwurst		one, no bun	300	3
Chili		9.98 oz (small)	180	20
Beer		12 oz	100-200	5-13**
Wine				
White		5 oz	120	4
Red		5oz	125	4
Cookies				
Small		bit size (0.1 oz)	11	1.5
Medium		1.6 oz	220	30
Popcorn				
Buttery		1 cup (28 g)	180	11
Caramel		1 cup (30 g)	140	22
Cheese		1 cup (28 g)	180	9
Chicken Wings				
(batter dipped and fried)				
Wing		one	159	5.4
Thigh		one	238	7.8

*source: <http://www.caloriesking.com>

**The carb content of alcohol needs to be considered in the context of alcohol's impact on hepatic gluconeogenesis. One should make a correction when calculating the number of carbs in alcohol and not treat the exact number of carbs per volume.