

CABOHYDRATE COUNTS*

Revised 7/10/2017

| Breakfast Entrées | Carbs (g) |
|------------------------------------|--------------|
| Apple Frudel | 36 |
| Bagel with Cream Cheese | 34.5 |
| Benefit Bar, ABC | 48 |
| Blueberry Muffin | 38.5 |
| Breakfast Pizza | 31 |
| Breakfast Oat Bar | 44 |
| Cereal Bowl, Apple Cinn Cheerios | 22 |
| Cereal Bowl, Cheerios, Fruity | 26 |
| Cereal Bowl, Cheerios, Multigrain | 23 |
| Cereal Bowl, Cinnamon Chex | 23 |
| Cereal Bowl, Cinnamon Toast Crunch | 22 |
| Cereal Bowl, Frosted Flakes | 24 |
| Cereal Bowl, Frosted Mini Wheats | 24 |
| Cereal Bowl, Raisin Bran | 27 |
| Cinnamon Toast | 26 |
| French Toast Sticks (3 sticks) | 25.32 |
| Mini Blueberry Pancakes | 42 |
| Pan Dulce | 34 |
| Trix Yogurt | 20 |
| with graham crackers | 17 |
| Yogurt Parfait | 75 |
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| Lunch Entrées | Carbs (g) |
|---------------------------------|--------------|
| Brunch 4 Lunch Sausage | 2 |
| with mini maple waffles | 35 |
| Burrito, Bean & Cheese | 47 |
| Chicken Nuggets | 15 |
| Chicken, Popcorn | 22.51 |
| Chicken, Orange | 21.11 |
| with brown rice (3/4 c) | 14.99 |
| Corn Dog | 30 |
| Flauquito, chili and cheese | 31 |
| Hamburger Patty | 0 |
| Hamburger Bun | 30 |
| Mozzarella Crunchers | 41 |
| Pizza, Cheese, Stuffed Crust | 32 |
| Pizza, Pepperoni, Stuffed Crust | 34 |
| Star Cheese Sandwich | 29.5 |
| Sub, Italian (meat and cheese) | 2.03 |
| Hoagie Roll | 29 |
| Taco, Baja Fish | 31.75 |
| Taco Salad (meat) | 3 |
| w/ Tortilla Chips | 28.86 |
| Taquitos, Chicken | 27 |
| Lunchable (turkey ham + cheese) | 1 |
| Cheez-Its | 19 |

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CABOHYDRATE COUNTS*

| Fruits/Vegetables | Carbs (g) |
|------------------------------|--------------|
| Apple, fresh (small) | 14 |
| Applesauce (1/2 c) | 14 |
| Avocados, fresh | 10 |
| Banana, fresh (medium) | 27 |
| Beans, Black (1/4 c) | 10 |
| Beans, Garbanzo (1/4 c) | 8 |
| Beans, Kidney (1/4 c) | 9.5 |
| Beans, Vegetarian (1/4 c) | 13.5 |
| Beans, Vegetarian (1/4 c) | 13.5 |
| Broccoli, florets (1/4 c) | 1.5 |
| Cabbage, Red (1/4 c) | 1 |
| Carrots, baby (1/4 c) | 5.5 |
| Carrots, sliced (1/2 c) | 6 |
| Cauliflower, florets (1/4 c) | 1 |
| Celery sticks (1/4 c) | 1 |
| Corn (1/2 c) | 16 |
| Cranberries, dried (bag) | 28 |
| Cucumbers, sliced (1/4 c) | 1 |
| Fruit Mix (1/2 c) | 18 |
| Grapes, fresh (1/2 c) | 8 |
| Jalapenos (1/8 c) | 0.5 |
| Jicama sticks (1/4 c) | 2.5 |
| Kiwi, fresh (2 smalls) | 11 |
| Lettuce, shredded (1/2 c) | 22 |
| Lime, fresh (medium) | 7 |

| Fruits/Vegetables | Carbs (g) |
|----------------------------------|--------------|
| Nectarine, fresh (medium) | 15 |
| Onions, sliced (1/4 c) | 2.5 |
| Orange, fresh (medium) | 15 |
| Peaches, canned (1/2 c) | 14 |
| Peach, fresh (medium) | 14 |
| Peach cup, frozen | 30 |
| Pears, canned (1/2 c) | 15 |
| Pear, fresh (medium) | 28 |
| Persimmon, fresh (medium) | 31 |
| Pickles, dill (1/8 c) | 0.5 |
| Pineapples, canned (1/2 c) | 17 |
| Plum, fresh (medium) | 7.5 |
| Raisins, box | 30 |
| Salad/Spinach Mix (1/2 c) | 1 |
| Salsa (1/8 c) | 4.5 |
| Shape Up, frozen | 10 |
| Spinach (1/2 c) | 0.5 |
| Strawberry cup, frozen | 22 |
| Strawberries, fresh (1/2 cup) | 5.5 |
| Tomatoes, chopped/sliced (1/4 c) | 2 |
| Watermelon, sliced (1/2 c) | 6 |
| Zucchini, sliced (1/4 c) | 1 |
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*Nutritional information for fruits and vegetables is only an approximation and can vary due to differences in size

CABOHYDRATE COUNTS*

| Beverages | Carbs (g) |
|-------------------------|--------------|
| Juice, Apple (4oz) | 14 |
| Juice, Appleberry (4oz) | 14 |
| Juice, Cherry (4oz) | 15 |
| Juice, Grape (4oz) | 18 |
| Juice, Orange (4oz) | 14 |
| Milk, Lactaid (8oz) | 13 |
| Milk, Lowfat 1% (8oz) | 16 |
| Milk, Nonfat (8oz) | 12 |
| Milk, Soy (8oz) | 7 |

| Condiments | Carbs (g) |
|-------------------------------|--------------|
| Dressing, Italian (2 tbsp) | 6 |
| Dressing, Lite Ranch (2 tbsp) | 4 |
| Dressing, Ranch (2 tbsp) | 2 |
| Jalapenos (1/8 c) | 1 |
| Ketchup (9g packet) | 3 |
| Mayonnaise (12g packet) | 1 |
| Mustard (5.5g packet) | 0 |
| Pickles (1/8 c) | 1 |
| Sauce, Fish Taco (1 oz) | 2 |
| Salsa (1/8 c) | 4 |

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