

CABOHYDRATE COUNTS*

Revised 2/28/18

Breakfast Entrées	Carbs (g)
Apple Frudel	36
Apple Chewie Bar	51.6
Bagel with Cream Cheese	34.5
Bagels, Minis	41
Benefit Bar, Oatmeal Raisin	48
Blueberry Muffin	38.5
Bread Slice, Zucchini	43
Breakfast Pizza	31
Breakfast Oat Bar	44
Cereal Bowl, Apple Cinn Cheerios	22
Cereal Bowl, Cheerios, Fruity	25
Cereal Bowl, Cheerios, Multigrain	23
Cereal Bowl, Cinnamon Chex	22
Cereal Bowl, Cinnamon Toast Crunch	22
Cereal Bowl, Frosted Flakes	24
Cereal Bowl, Frosted Mini Wheats	24
Cereal Bowl, Raisin Bran	27
Cereal Bowl, Rice Krispies	23
Cinnamon Toast	26
French Toast Sticks (3 sticks)	25
Mini Blueberry Pancakes	35
Pan Dulce	34
Trix Yogurt - strawberry banana	20
with graham crackers	17
Zucchini Bread	43

Lunch Entrées	Carbs (g)
Burrito, Bean & Cheese	47
Chicken, Popcorn (18 pieces)	23
Chicken, Orange	21
with brown rice (3/4 c)	34
Chicken	9
& Maple Waffle	15
Chicken Tenders (3 each)	12
Corn Dog	30
Drumstick, breaded	5
with roll	17
Hamburger Patty	0
Hamburger Bun	30
Ham & Cheese Lunchable	3
w/ Cheez Its	19
Hot Dog, chicken	3
with Hot Dog bun	29
Mini Burgers	35
Mozzarella Crunchers	41
Pizza, Cheese, Stuffed Crust	32
Pizza, Pepperoni, Stuffed Crust	34
Quesadilla, Cheese	30
Star Cheese Sandwich	31
Sub, Italian (meat and cheese)	2.03
Hoagie Roll	29
Taco, Baja Fish	28
Taco Salad (meat)	4
w/ Tortilla Chips	31
Taquitos, Chicken	27

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Fruits/Vegetables	Carbs (g)
Apple, fresh (small)	14
Apples Sliced, fresh (1/2 c)	8
Applesauce (1/2 c)	16
Avocados, fresh	10
Banana, fresh (medium)	23
Beans, Black (1/4 c)	9
Beans, Garbanzo (1/4 c)	8
Beans, Kidney (1/4 c)	9
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)	3
Cauliflower, florets (1/4 c)	1
Celery sticks (1/4 c)	1
Corn, frozen (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)	3
Kiwi, fresh (2 smalls)	11
Lettuce, shredded (1/2 c)	0.72
Lime, fresh (medium)	7

Fruits/Vegetables	Carbs (g)
Mandarins, fresh (1/2 c)	13
Nectarine, fresh (medium)	15
Onions, sliced (1/4 c)	2.5
Orange, fresh (medium)	15
Peaches, canned (1/2 c)	15
Peach, fresh (medium)	14
Pears, canned (1/2 c)	15
Pear, fresh (medium)	28
Persimmon, fresh (medium)	31
Pickles, dill (1/8 c)	0.5
Plum, fresh (medium)	7.5
Raisins, box	29
Salad Mix	3
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	21
Strawberries, fresh (1/2 cup)	5.5
Tangelos, fresh (1/2 c)	15
Tomatoes, chopped/sliced (1/4 c)	2
Watermelon, sliced (1/2 c)	6
Zucchini, sliced (1/4 c)	1
Kiwi Strawberry Slush	15

*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)	14
Juice, Grape (4oz)	15
Juice, Orange (4oz)	14
Milk, Lactaid (8oz)	13
Milk, Lowfat 1% (8oz)	16
Milk, Nonfat (8oz)	12
Milk, Chocolate Nonfat (8oz)	20
Milk, Soy (8oz)	7

Condiments	Carbs (g)
Dressing, Italian (2 tbsp)	6
Dressing, Lite Ranch (2 tbsp)	4
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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