

CABOHYDRATE COUNTS\*

Revised 10/3/18

Breakfast Entrées	Carbs (g)
Bagel	34
with Cream Cheese	1
Benefit Bar, Oatmeal Raisin	48
Blueberry Muffin	39
Breakfast Pizza	17
Breakfast Sandwich	17
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
Cherry Frudel	37
Cinnamon Toast	26
Crumb Square	47
French Toast Sticks (3 sticks)	26
Mini Blueberry Pancakes	38
Pan Dulce	34
Pancakes, Mini Maple	36
Pumpkin Bread	47
Trix Yogurt - strawberry banana	15
with bug bite graham crackers	21

Lunch Entrées	Carbs (g)
Burrito, Bean & Cheese	56
Cheeseburgers, minis	35
Chicken, Popcorn (18 pieces)	23
Chicken, Orange	21
with brown rice (3/4 c)	34
Chicken Tenders (3 each)	16
Corn Dog	30
Hamburger Patty	0
Hamburger Bun	30
Ham & Cheese Lunchable	3
w/ Cheez Its	19
Mozzarella Crunchers	41
Spaghetti w/ meat sauce	23
w/ dinner roll	17
Pizza, Cheese, Wild Mike's	34
Pizza, Pepperoni, Wild Mike's	33
Taco, Baja Fish	28
Taco Salad (meat)	4
w/ Tortilla Chips	31
Tamale, Cheese	29
Quesadilla	33

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## CABOHYDRATE COUNTS\*

Fruits/Vegetables	Carbs (g)
Apple, fresh (small)	14
Apples Sliced, fresh (1/2 c)	8
Applesauce (1/2 c)	16
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
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
Mandarins, fresh (1/2 c)	13
Nectarine, fresh (medium)	15

Fruits/Vegetables	Carbs (g)
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
Sidekicks - Frozen	20
Spinach (1/2 c)	0.5
Strawberries, fresh (1/2 cup)	5.5
Tangelos, fresh (1/2 c)	16
Tomatoes, chopped/sliced (1/4 c)	2
Watermelon, sliced (1/2 c)	6
Zucchini, sliced (1/4 c)	1
Sidekicks - Frozen (variety)	20
Rosati Ice - Frozen (variety)	25

\*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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