

CARBOHYDRATE COUNT

| TYPE OF FOOD | SERVING SIZE | TOTAL CARBS (CHO) |
|--|--------------|-------------------|
| MEAT/MEAT ALTERNATE | | |
| BREADED CHICKEN PATTY | 1 PATTY | 10 GRAMS |
| CHEESE QUESADILLA | 4.22 OZ | 30.6 GRAMS |
| CHICKEN BREAST NUGGETS | 5 NUGGETS | 26 GRAMS |
| EGGS | 1 EGG | 1 GRAM |
| FULLY COOKED BREADED HOT & SPICY CHICKEN PATTY | 1 PATTY | 7.9 GRAMS |
| FULLY COOKED UN-BREADED GRILLED PATTY | 1 PATTY | 1.5 GRAMS |
| FUNFISH | 5 PIECES | 20 GRAMS |
| GARDEN BURGER | 1 PATTY | 12 GRAMS |
| KOSHER BEEF FRANKFURTERS | 1 LINK | 1 GRAM |
| LARGE POPCORN STYLE BREADED CHICKEN | 10 PIECES | 18 GRAMS |
| PEANUT BUTTER | 2 TBSP | 8 GRAMS |
| TURKEY BOLOGNA | 2 OZ | 2 GRAMS |
| TURKEY BREAST | 2 OZ | 1 GRAM |
| TYSON BREADED PATTY FINGERS | 2 PIECES | 12 GRAMS |
| TYSON KRISP N' KRUNCHY | 3 PIECES | 15 GRAMS |
| VEGETARIAN NUGGET | 2 NUGGETS | 9 GRAMS |
| VEGGIE MEDLEY BURGER | 1 PATTY | 15 GRAMS |
| WHITE TUNA | 1/4 CUP | 0.5 GRAMS |
| DAIRY | | |
| DANNON DANAMALS YOGURT | 4 OZ/8 OZ | 21-22/22-25 GRAMS |
| DANNON YOGURT | 4OZ/8 OZ | 21/23-25 GRAMS |
| LOW MOISTURE PART-SKIM MOZZARELLA CHEESE | 1 OUNCE | LESS THAN 1 GRAM |
| MOZZARELLA STICKS | 2 STICKS | 13 GRAMS |
| NACHO CHEESE SAUCE | 1/4 CUP | 6 GRAMS |
| PARMESAN CHEESE | 1 TBSP | 3 GRAMS |
| YELLOW CHEESE | 2 SLICES | 1 GRAM |
| YOPLAIT GO GURT | 1 TUBE | 13 GRAMS |
| PIZZA | | |
| TONY'S CHEESE PIZZA | 6.44 OZ | 52.33 GRAMS |
| TONY'S PIZZA CHEESE 100% MOZZARELLA | 3.25 OZ | 21.47 GRAMS |
| TONY'S THICK CRUST | 5.40 OZ | 37.15 GRAMS |
| CEREALS | | |
| CHEERIOS | 3/4 CUP | 14 GRAMS |
| CINNAMON AND SPICE OATMEAL (HOT) | 1 PACKET | 35 GRAMS |
| CRISPIX | 3/4 CUP | 18 GRAMS |
| KELLOGG'S RAISIN BRAN | 3/4 CUP | 27 GRAMS |

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| CEREALS | | |
| KIX | 3/4 CUP | 14 GRAMS |
| REGULAR OATMEAL | 1 PACKET | 25 GRAMS |
| RICE CRUNCHINS | 3/4 CUP | 18 GRAMS |
| RICE KRISPIES | 3/4 CUP | 16 GRAMS |
| BEVRAGES | | |
| 1 % CHOCOLATE MILK | 8 OZ | 21 GRAMS |
| 1% MILK | 8 OZ | 12 GRAMS |
| 1% STRAWBERRY MILK | 8 OZ | 22 GRAMS |
| 100% APPLE | 6 OZ | 20 GRAMS |
| 100% APPLE | 4 OZ | 14 GRAMS |
| 100% FRUIT JUCE BLEND | 4 OZ | 14 GRAMS |
| 100% GRAPE | 4 OZ | 18 GRAMS |
| 100% ORANGE | 6 OZ | 20 GRAMS |
| 100% ORANGE | 4 OZ | 13 GRAMS |
| SKIM MILK | 8 OZ | 12 GRAMS |
| SNAPPLE PEACH | 11 OZ | 36 GRAMS |
| TEA | 1 TEA BAG | 0 GRAMS |
| SWISS MISS HOT COCOA MIX | 1 ENVELOPE | 23 GRAMS |
| BAGELS | | |
| CINNAMON/RAISIN BAGEL | 4 OZ | 62 GRAMS |
| EVERYTHING BAGEL | 4 OZ | 59 GRAMS |
| HONEY WHEAT BAGEL | 4 OZ | 52 GRAMS |
| ONION BAGEL | 4 OZ | 59 GRAMS |
| PLAIN BAGEL | 4 OZ | 59 GRAMS |
| POPPY BAGEL | 4 OZ | 58 GRAMS |
| SALTED BAGEL | 4 OZ | 58 GRAMS |
| SESAME BAGEL | 4 OZ | 58 GRAMS |
| BREAD | | |
| AUNT JEMIMA FRENCH TOAST STICKS | 4 STICKS | 36 GRAMS |
| BUTTERWORTH WAFFLE | 3 WAFFLES | 31 GRAMS |
| FRENCH TOAST | 3 SLICES | 41 GRAMS |
| HAMBURGER BUNS | 1 BUN | 25 GRAMS |
| ITALIAN BREAD | 1 SLICE | 18 GRAMS |
| PANCAKES | 3.6 OZ | 42 GRAMS |
| PANCHO VILLA TACO BOATS | 1 SHELL | 12 GRAMS |
| SUPERPRETZEL | 1 PRETZEL | 40 GRAMS |
| WHEAT BREAD | 1 SLICE/2 SLICES | 13/22 GRAMS |
| WHITE BREAD | 2 SLICES | 22 GRAMS |
| WHOLE WHEAT HAMBURGER BUNS | 1 BUN | 18 GRAMS |

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| CONDIMENTS | | |
| BARBECUE SAUCE | 2 TBSP | 11 GRAMS |
| BUTTER | 1 TBSP | 0 GRAMS |
| CAMPBELLS BROWN GRAVY | 1/4 CUP | 5 GRAMS |
| CEASAR DRESSING | 1.5 OZ | 8 GRAMS |
| CHICKEN GRAVY | 1 TBSP | 6 GRAMS |
| CHUNKY SALSA | 2 TBSP | 2 GRAMS |
| CRANBERRY SAUCE | 1/4 CUP | 26 GRAMS |
| CREAM CHEESE | 2 TBSP | 3 GRAMS |
| GRAPE JELLY | 1 TBSP | 9 GRAMS |
| HELLMANN'S MAYONNAISE | 1 TBSP | 0 GRAMS |
| ITALIAN DRESSING | 1.5 OZ | 7 GRAMS |
| KETCHUP | 1 TBSP | 4 GRAMS |
| PANCAKE SYRUP | 1/4 CUP | 17 GRAMS |
| PIZZA SAUCE | 1/4 CUP | 4 GRAMS |
| PLAIN SPAGHETTI SAUCE | 1/2 CUP | 11 GRAMS |
| RANCH DRESSING | 1.5 OZ/2 TBSP | 9 GRAMS/2 GRAMS |
| SALSA | 2 TBSP | 2 GRAMS |
| SPAGHETTI SAUCE | 1/2 CUP | 9 GRAMS |
| SUGAR PACKETS | 1 PACKET | 3 GRAMS |
| TRIO BROWN GRAVY | 1 TBSP | 5 GRAMS |
| FRUITS AND VEGETABLES | | |
| APPLESAUCE | 1/2 CUP | 22 GRAMS |
| APRICOTS | 1/2 CUP | 14 GRAMS |
| BLACK BEANS | 1/2 CUP | 16 GRAMS |
| CALIFORNIA RAISINS | 3-1/2 TBSP | 29 GRAMS |
| CHICK PEAS | 1/2 CUP | 20 GRAMS |
| CHICKEN NOODLE SOUP | 1/2 CUP | 12 GRAMS |
| COLE SLAW | 4 OZS | 19 GRAMS |
| CORN | 1/3 CUP | 17 GRAMS |
| FRUIT COCKTAIL IN NATURAL JUICE | 1/2 CUP | 20 GRAMS |
| FRUIT MIX | 1/2 CUP | 18 GRAMS |
| GREEN BEANS | 1/2 CUP | 4 GRAMS |
| ITALIAN BLEND VEGETABLES | 2/3 CUP | 5 GRAMS |
| KIDNEY BEANS | 1/2 CUP | 16 GRAMS |
| MINISTRONE SOUP | 1/2 CUP | 14 GRAMS |
| MIXED VEGETABLES | 1/2 CUP | 11 GRAMS |
| PEACHES | 1/2 CUP | 17 GRAMS |
| PEARS | 1/2 CUP | 21 GRAMS |
| PEAS | 1/2 CUP | 19 GRAMS |

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| FRUITS AND VEGETABLES | | |
| PINEAPPLES | 1/2 CUP | 17 GRAMS |
| REFRIED BEANS | 1/2 CUP | 20 GRAMS |
| SLICED BEETS | 1/2 CUP | 8 GRAMS |
| SLICED CARROTS | 1/2 CUP | 6 GRAMS |
| SWEET CORN | 1/2 CUP | 20 GRAMS |
| SWEET PEAS | 1/2 CUP | 12 GRAMS |
| TOMATO SOUP | 1/2 CUP | 19 GRAMS |
| TROPICAL FRUIT COCKTAIL | 1/2 CUP | 14 GRAMS |
| VEGETARIAN BEANS | 1/2 CUP | 24 GRAMS |
| WHITE KIDNEY BEANS | 1/2 CUP | 16 GRAMS |
| WHOLE KERNEL CORN | 1/2 CUP | 19 GRAMS |
| POTATOES/RICE/PASTA | | |
| BROWN RICE | 1/4 CUP | 35 GRAMS |
| ELBOW MACARONI | 1/4 CUP | 42 GRAMS |
| HASH BROWN POTATO PATTIES | 1 PATTIE | 15 GRAMS |
| MASHED POTATOES | 1/4 CUP | 20 GRAMS |
| MCCAIN SPCY SPRL | 3 OZ | 20 GRAMS |
| PASTA | 1/4 CUP | 42 GRAMS |
| SPAGHETTI | 1/4 CUP | 41 GRAMS |
| SWEET POTATOES | 1/2 CUP | 30 GRAMS |
| SNACKS | | |
| 100 CALORIE PACKS CHEESE NIPS | 1 PACKAGE | 15 GRAMS |
| 100 CALORIE PACKS CHIPS AHOY | 1 PACKAGE | 18 GRAMS |
| 100 CALORIE PACKS OREO | 1 PACKAGE | 19 GRAMS |
| 100 CALORIE PACKS WHEAT THINS | 1 PACKAGE | 16 GRAMS |
| BUTTER CRUNCH COOKIES | 2 COOKIES | 23 GRAMS |
| CHEEZ DOODLES | 1 BAG | 13 GRAMS |
| CHOCOLATE INSTANT PUDDING | 1/2 CUP | 22 GRAMS |
| CHORTLES MINI MINI CHOCOLATE CHIP COOKIES | 1 OZ | 18 GRAMS |
| FRITO LAY BAKED CHEETOS CRUNCHY | 1 PACKAGE | 17 GRAMS |
| FRITO LAY BAKED DORITOS | 1 PACKAGE | 16 GRAMS |
| FRITO LAY BAKED LAYS BBQ | 1 PACKAGE | 19 GRAMS |
| FRITO LAY BAKED LAYS ORIGINAL | 1 PACKAGE | 20 GRAMS |
| FRITO LAY BAKED SOUR CREAM AND ONION | 1 PACKAGE | 19 GRAMS |
| FUDGE CHIP COOKIES | 2 COOKIES | 20 GRAMS |
| GOLDFISH | 55 PIECES | 20 GRAMS |
| KEEBLER ELF GRAHAMS | 1 PACKAGE | 21 GRAMS |
| MILANO COOKIES | 1 PACKAGE | 26 GRAMS |
| MINI CHOCOLATE CHIP COOKIES | 1 OZ | 19 GRAMS |

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| SNACKS | | |
| MINI CHOCOLATE CHOCOLATE CHIP COOKIES | 1 OZ | 18 GRAMS |
| NACHOS (ROUND) | 12 CHIPS | 18 GRAMS |
| NUTRI-GRAIN (APPLE CINNAMON, STRAWBERRY, BLUEBERR) | 1 BAR | 26 GRAMS |
| OATMEAL RAISIN COOKIES | 2 COOKIES | 21 GRAMS |
| QUAKER BAKED STRAWBERRY CRISP BARS | 1 BAR | 26 GRAMS |
| QUAKER MIXED BERRY CRISP BARS | 1 BAR | 26 GRAMS |
| QUAKER RICE SNACKS CHEDDAR CHEESE | 1 PACKAGE | 14 GRAMS |
| QUAKER SNACK MIX/KIDS MIX | 1 PACKAGE | 18 GRAMS |
| READY TO SERVE VANILLA PUDDING | 1/2 CUP | 26 GRAMS |
| ROLD GOLD HEARTZELS | 1 PACKAGE | 23 GRAMS |
| SMART FOOD POPCORN WHITE CHEDDAR | 1 PACKAGE | 9 GRAMS |
| SUN CHIPS (FRENCH ONION) | 1 PACKAGE | 18 GRAMS |
| SUN CHIPS (GARDEN SALSA) | 1 PACKAGE | 19 GRAMS |
| SUN CHIPS (HARVEST CHEDDAR) | 1 PACKAGE | 19 GRAMS |
| SUN CHIPS (ORIGINAL) | 1 PACKAGE | 18 GRAMS |
| WHITE CHEDDAR POPCORN | 1 PACKAGE | 9 GRAMS |