

CABOHYDRATE COUNTS*

Revised 1/8/2020

Breakfast Entrées	Carbs (g)
Bagel	34
Cream Cheese	1
Benefit Bar, ABC	48
Blueberry Bar	52.2
Breakfast Pizza	17
Breakfast on a Stick	16
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)	26
Pancake Sandwich	17
Pan Dulce	34
Trix Yogurt - strawberry banana	15
with cinnamon granola	18
UBR	44

Lunch Entrées	Carbs (g)
Burrito, Bean & Cheese	56
Cheeseburgers, minis	35
Chicken, Popcorn (18 pieces)	23
Chicken, Orange Popcorn	21
brown rice (3/4 c)	34
Chicken, Breaded Patty	9
with maple waffles	15
Corn Dog	30
Hamburger Patty	0
Hamburger Bun	31
Hot Dog Frank, Chicken	3
Hot Dog Bun	29
Fish Taco	31.75
Mozzarella Crunchers	41
Pizza, Cheese, Wild Mike's	34
Pizza, Pepperoni, Wild Mike's	33
Pupusa, Bean and Cheese	35
Rotini w/ meat sauce	24
with bread roll	17
Taco Salad	3.68
with tortilla chips	19

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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
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
Grapefruit, fresh	10
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
Peas, Snap Peas, fresh (1/4 c)	1
Peas, Snow Peas	1.5
Peas, frozen (1/2 c)	11
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
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

*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 (1 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

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