

	Category	Portion Size	CHO (g)
Fresh Vegetables			
Baby Carrots	Fresh	1/4 cup	3
Broccoli	Fresh	1/4 cup	1.5
Cabbage, Coleslaw	E-16	1/4 cup	1.1
Carroteenies	Fresh	1/4 cup	4
Cauliflower	Fresh	1/4 cup	1.3
Cherry Tomatoes	Fresh	1/4 cup	1.5
Cucumbers	Fresh	1/4 cup	0.9
Bell Pepper	Fresh	1/4 cup	1
Peppers & Onions, sauteed	Fresh	1/4 cup	1.9
Jicama	Fresh	1/4 cup	2.75g
Romaine	Fresh	1/2 cup	0.75
Spinach	Fresh	1/2 cup	0.5
Zucchini	Fresh	1/4 cup	0.8
Canned/Dried			
Beans, Vegetarian, in Tomato Sauce	Canned	1/4 cup	10
Beans, Refried, Vegetarian, Chunky	Canned	1/4 cup	9.5
Beans, Black/Turtle	Canned	1/4 cup	9
Beans, Chickpeas/Garbanzo	Canned	1/4 cup	10
Beets	Canned	1/4 cup	3
	Category	Portion Size	CHO (g)
Carrots, Sliced (low sodium)	Canned	1/4 cup	3
Mashed Potatoes	864225	1/2 cup	13g
Mashed Sweet Potatoes	E-14	1/4 cup	22.7
Salsa (Red Gold)	Canned	1/4 cup	4
Frozen			
Broccoli	Frozen	1/4 cup	2.2
Corn	Frozen	1/4 cup	9.2
French Fries, Krinkle	Frozen	1/4 cup	6.5

Green Beans	Frozen	¼ cup	3
Peas	Frozen	¼ cup	
Potato Puffs/Tater Tots	Frozen	¼ cup	9.5
Spinach, Sauteed/Steamed	Frozen	½ cup	7.6
Sweet Potato Puffs	Frozen	¼ cup	11.5
Vegetable Blend (Asian Stir Fry)	Frozen	¼ cup	2.5
Vegetable Blend (California)	Frozen	¼ cup	2.5
		Portion	CHO (g)
Fresh Fruit			
Apple (138 ct) (small)		½ cup	21
Banana (Petite 150 ct)		½ cup	29
Blueberries		½ cup	11
Cantaloupe		½ cup	8
Grapes (14 grapes)		½ cup	14
Orange (138 ct)		½ cup	11
Pear (150 ct)		½ cup	11
Strawberries		½ cup	6
Watermelon		½ cup	7
Canned			
applesauce, unsweetened		½ cup	13
applesauce, unsweetened (CUP)		½ cup	14
cherries, unsweetened		½ cup	9
peaches, juice		½ cup	13
peaches, light syrup		½ cup	17
pears, juice		½ cup	14
pears, light syrup		½ cup	20
pineapple tidbits, juice		½ cup	15
Mandarin oranges, juice		½ cup	14
Mandarin oranges, light syrup		½ cup	17
mixed fruit, juice		½ cup	14
mixed fruit, light syrup		½ cup	17

<u>Frozen</u>			
Blueberries, IQF		1/2 cup	12
Cherries, sweetened		1/2 cup	7.5
Strawberries, IQF		1/2 cup	6.5
<u>Dried</u>			
Cranberries		1/4 cup	22
Raisins, 1.5oz box		1/4 cup	31
<u>Juice</u>			
Apple		4 oz	14
Orange		4 oz	13
Apple Cherry		4 oz	14