

EBRP CARBOHYDRATE COUNTS FOR FRUITS, VEGETABLES, AND HOLIDAY SEASON FOODS

FRUIT TYPE	SERVING SIZE / CARB COUNT		SERVING SIZE / CARB COUNT	
Apple, fresh, with peel	1/4 cup (2 wedges)	3.6 g	1/2 cup (3 wedges)	7.2 g
Apple, canned	1/4 cup	4.5 g	1/2 cup	9.0 g
Applesauce, canned (no added sugar)	1/4 cup	6.0 g	1/2 cup	12.0 g
Banana, fresh, whole	< 3 inches	9.25 g	< 6 inches	18.5 g
Cantaloupe, melon, fresh	1/4 cup	3.35 g	1/2 cup	6.7 g
Fruit, Mixed (Cocktail), canned	1/4 cup	7.5 g	1/2 cup	15.0 g
Fruit, Salad, Mixed, fresh	1/4 cup	8.0 g	1/2 cup	16.0 g
Grapes, fresh (large)	1/4 cup (7 grapes)	7.5 g	1/2 cup (14 grapes)	15.0 g
Grapes 1/4 c (7 large) & Apples 1/4 c (2wedges)	1/4 cup	6.15 g (3.75g 2.4g)	1/2 cup	12.3 g (7.5g 4.8g)
Orange, fresh	1/4 cup (3 wedges)	7.75 g	1/2 cup (6 wedges)	15.5 g
Orange, Mandarin, canned	1/4 cup	8.0 g	1/2 cup	16.0 g
Peaches, canned	1/4 cup	6.5 g	1/2 cup	13.0 g
Pears, canned	1/4 cup	9.0 g	1/2 cup	18.0 g
Pineapple, Tidbits, canned	1/4 cup	8.5 g	1/2 cup	17.0 g
Strawberries, fresh or Diced Frozen Cup	1/4 cup	2.65 g /11.0g	1/2 cup	5.3 g /22.0g
Watermelon, fresh	1/4 cup	3.10 g	1/2 cup	6.2 g

Fruits: All the canned fruit served in EBRP schools is packed in light syrup, with the exception of pineapple, which is in natural juice. For our diabetic students, I suggest draining the fruit first, and then rinsing the fruit of any remaining juice. Applesauce has no added sugar.

VEGETABLE TYPE	SERVING SIZE/ CARB COUNT		SERVING SIZE/ CARB COUNT	
Beans, Green, canned	1/4 cup	2.0 g	1/2 cup	4.0 g
Beans, Baked, canned	1/4 cup	11.5 g	1/2 cup	23.0 g
Beans, Lima, frozen	1/4 cup	9.5 g	1/2 cup	19.0 g
Broccoli, Florets, fresh, Steamed	1/4 cup	2.0 g	1/2 cup	4.0 g
Carrots, Baby, fresh, raw	1/4 cup	3.0 g	1/2 cup	6.0 g
Carrots, Shredded or Matchstick, fresh, raw	1/4 cup	3.0 g	1/2 cup	6.0 g
Carrots, Sliced, canned, low sodium	1/4 cup	3.0 g	1/2 cup	6.0 g
Coleslaw Mix (Cabbage Salad), w/dressing, Herb	1/4 cup	1.8 g (0.8 g + 1.0 g)	1/2 cup	3.6 g (1.6g + 2.0g)
Coleslaw Mix (Coleslaw), w/dressing, Lite-Mayo	1/4 cup	2.3 g (0.8 g + 1.5g)	1/2 cup	4.6 g (1.6g + 3.0g)
Corn, Canned, steamed	1/4 cup	9.0 g	1/2 cup	18.0 g
Cucumber, Fresh, Sliced, with peel	1/4 cup	2.0 g	1/2 cup	4.0 g
Greens, Turnips, canned, no salt added	1/4 cup	2.5 g	1/2 cup	5.0 g
Greens, Turnips, frozen	1/4 cup	1.5 g	1/2 cup	3.0 g
Lettuce, Iceberg	1/2 cup	0.6 g	1 full cup	1.2 g
Lettuce, 100% Romaine, Dark Green Salad	1/2 cup	0.75 g	1 full cup	1.5 g
Okra, Frozen, cooked (used in Gumbo)	1/8 cup	1.0 g	1/4 cup	2.0 g
Peas, Black Eyed	1/4 cup	8 g	1/2 cup	16 g
Potatoes,				
Frozen, oven baked crinkle fries (~7-9 pcs.)	1/4 cup	6.75 g	1/2 cup	13.5 g
Frozen, oven baked rounds or tots (~8 pcs.)	1/4 cup	6.75 g	1/2 cup	13.5 g
Frozen, oven baked wedges w/skin (~5-7- pcs.)	1/4 cup	12.0 g	1/2 cup	24.0 g
Potatoes, Mashed, flakes	1/4 cup	8.0g	1/2 cup	16.0 g
Salsa, Tomato (1/8 cup=2Tbsp=1 oz.)	1/8 cup	2.0 g		
1/4 cup=4Tbsp=2 oz.)	1/4 cup	4.0 g	1/2 cup	8.0 g
Salsa Blend Cup, (1/4 c salsa 1/4 c spaghetti sauce)	1/4 cup	4.45 g (2.0g + 2.45g)	1/2 cup	8.9 g (4.0g + 4.9g)
Spaghetti Sauce	1/4 cup	4.9 g	1/2 cup	9.8 g
Sweet Potatoes, Canned, light syrup	1/4 cup	13.25 g	1/2 cup	26.5 g
Sweet Potatoes, Fresh, Whole – 2-inch diameter	<2.5 inches long	11.8 g	<5 inches long	23.6 g
Sweet Potato Fries, Frozen, Oven Baked	1/4 cup	9.5 g	1/2 cup	19.0 g
Sweet Potato, Whole Baked	1/4 cup	11.8 g	1/2 cup	23.6 g
Cinnamon & Brown Sugar	1 T	8.7 g	1 T	8.7 g
Tomato, Raw 1 slice, medium (1/4" thick) (20 g)	1/8 cup-sliced	0.9 g	1/8 cup-diced	0.9 g
Vegetable Blend, frozen, steamed (carrots, broccoli, & cauliflower)	1/4 cup	2.5 g	1/2 cup	5 g

EBRP CARBOHYDRATE COUNTS FOR FRUITS, VEGETABLES, AND HOLIDAY SEASON FOODS

SEASONAL FOODS - Any new items are shaded for quick identification.

Beans, Red & Brown Rice	-----1/2 cup = 20.4 grams Carbohydrate
Beans, White & Brown Rice	-----1/2 cup = 22.7 grams Carbohydrate
Cake, Plain, w/o Icing	-----8x10 piece=31.6 grams Carbohydrate
Chili, Beef & Turkey	----- 2.0 oz. serving=6 grams Carbohydrate
Cornbread, Whole Grain Dressing	----- 1/2 cup = 20 grams Carbohydrate
Cranberry Sauce	-----1/8 cup = 14.0 grams Carbohydrate
Fish, Catfish-Breaded Fillet Strips	-----2 strips (approx. 4oz.) =12.0 grams Carbohydrate
Grilled Cheese Sandwich	-----1 sandwich = 34.0 grams Carbohydrate 2 slices bread, 2oz. cheese (4 slices)
Mozzarella Cheese Stick	-----1 - 1oz. stick = 0.5 grams Carbohydrate
Cheddar Cheese Stick	-----1 - 1oz. stick = 0.5 grams Carbohydrate
Rice Dressing (Brown Rice)	----- 1/2 cup = 20 grams Carbohydrate
Salad, [Meat (Grilled Chicken), Lettuce, Cheese, & Dressing]-Middle & High School Choice	----- 13.2 grams
Salad, [Meat (Diced Ham), Lettuce, Cheese, & Dressing]-Middle & High School Choice	-----13.7 grams
Salad, [Meat (Beef and/or Turkey), Lettuce, Cheese, Salsa]	-----12.0 grams
Sweet Potatoes (Canned)	-----1/2 cup = 29.5 grams Carbohydrate
Tuna Salad	-----1/2 cup = 5.5 grams Carbohydrate
Turkey/Sausage Gumbo with 1/2 cup Brown Rice (23g)	----- (PK-5) - 3/4 cup= 31.0 grams Carbohydrate (6-12) - 1 cup = 33.0 grams Carbohydrate
Turkey/Sausage Jambalaya (Brown Rice)	----- (PK-8) - 2/3 cup = 23.0 grams Carbohydrate (9-12) - 1 cup = 34.5 grams Carbohydrate
Turkey/Sausage Pastalaya (Whole Wheat Pasta)	----- (PK-8) - 2/3 cup = 23.0 grams Carbohydrate (9-12) - 1 cup = 34.5 grams Carbohydrate
Whole Grain Saltine Crackers	----- 2 packs (4 saltines) = 8 grams Carbohydrate 4 packs (8 saltines) = 16 grams Carbohydrate
Whole Wheat Pasta w/ Meat sauce	----- (PK-5) - 2/3 cup = 22.6 grams Carbohydrate (6-12) - 1 cup = 34.0 grams Carbohydrate