

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

FRUIT TYPE	SERVING SIZE / NET CARB COUNT		SERVING SIZE / NET 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	5.6 g (3.75 - 1.8g)	1/2 cup	11.1 g (7.5g – 3.6g)
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 / 11.0 g	1/2 cup	5.3 g / 22.00 g
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/ NET CARB COUNT		SERVING SIZE/ NET CARB COUNT	
Avocado, Frozen	1/4 cup	1.0g	1/2 cup	2.0g
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
Black Beans, canned	1/4 cup	7.5g	1/2 cup	15.0g
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 (1.6 g + 2.0 g)
Coleslaw Mix (Coleslaw), w/dressing, Lite-Mayo	1/4 cup	2.3 g (0.8 g + 1.5 g)	1/2 cup	4.6 g (1.6 g + 3.0 g)
Corn, canned steamed	1/4 cup	7.2g	1/2 cup	14.3g
Corn, Cob roasted	1/4 cup	12.0g	1/2 cup	24.0g
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
Onion & Pepper Blend, Roasted	1/4 cup	3.9g	1/2 cup	7.8g
Peas, Black Eyed	1/4 cup	8.0 g	1/2 cup	16.0g
Plantain, Frozen	1/4 cup	25.0g	1/2 cup	50.0g
Potatoes,				
Frozen, oven baked crinkle fries (~ 7-9 pcs.)	1/4 cup	6.75 g	1/2 cup	13.8 g
Frozen, oven baked rounds or tots (~8 pcs.)	1/4 cup	6.75 g	1/2 cup	15.0 g
Frozen, oven baked wedges w/skin (~ 5-7- pcs.)	1/4 cup	6.75 g	1/2 cup	13.8 g
Potatoes, Mashed flakes	1/4 cup	8.0 g	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 (2.0 g + 2.45 g)	1/2 cup	8.9 g (4.0 g + 4.9 g)
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	27g
Sweet Potatoes, Fresh, Whole - 2-inch diameter	<2.5 inches long	11.8 g	<5 inches long	23.6g
Sweet Potato Fries Frozen, Oven Baked	1/4 cup	9.5 g	1/2 cup	19.0 g
Sweet Potato, Whole Baked Cinnamon	1/4 cup	11.8 g	1/2 cup	23.6 g
& Brown Sugar	1/2 tsp	2.25 g	1/2 tsp	2.4 g
Tomato, Raw 1 slice, medium (1/4" thick)	1/8 cup -sliced	0.9 g	1/8 cup-diced	0.9 g
Vegetable Blend, frozen (carrots, broccoli, and cauliflower)- California Blend	1/4 cup	4.1 g	1/2 cup	8.1g
Vegetable Mixed, frozen (carrots, corn, & green beans)- Country Mix	1/4 cup	7.0 g	1/2 cup	14.0g

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

1. **Bean and Corn Salad**-----1/2 cup = 27 grams Carbohydrate
2. Chili, Beef & Turkey-----2.0 oz. serving = 6 grams Carbohydrate
3. Cornbread, Whole Grain Dressing-----1/2 cup = 20 grams Carbohydrate
4. Cranberry Sauce -----1/8 cup = 14.0 grams Carbohydrate
5. **Chicken Scampi w/ WG Spaghetti Pasta**----- (6-12) 1 cup = 26 grams Carbohydrate
6. Chicken/Sausage Jambalaya----- (PK-8) - 2/3 cup = 18 grams Carbohydrate
7. **Chili Mac n Cheese**----- (PK-5)- 2/3 cup 18.0 grams Carbohydrate
(6-12)- 1 cup = 28 grams Carbohydrate
8. **Creamy Chicken Pasta Alfredo**----- (PK-5) 2/3 cup = 27 grams Carbohydrate
(6-12) 1 cup = 32 grams Carbohydrate
9. Fish Strips, Whole Grain----- (PK-5) 3 strips = 12 grams Carbohydrate
10. Fish, Catfish-Breaded Fillet Strips-----2 strips (approx. 4oz. = 11.0 grams Carbohydrate
Commodity
11. Grilled Cheese Sandwich -----1 sandwich = 34.0 grams Carbohydrate
Bread (2 slices), 2oz. cheese (4 slices)
12. **Jollof Rice**----- (6-12) 1/2 cup = 24 grams Carbohydrate
13. Rice Dressing-----1/2 cup = 20 grams Carbohydrate
14. **Rice Pilaf**-----1/2 cup = 22 grams Carbohydrate
15. Salad, [Meat (Grilled Chicken), Lettuce, Cheese, & Dressing]- (6-12) Choice ----- --22.5 grams
16. Salad, [Meat (Diced Ham), Lettuce, Cheese, & Dressing]- (6-12) Choice ----- --13.5 grams
17. Salad, [Meat (Grilled Chicken), Lettuce, Cheese, Dressing, Mandarin Oranges & Strawberries]
(6-12) Choice -----21.0 grams
18. Sweet Potatoes (Canned)-----1/2 cup = 26 grams Carbohydrate
19. Tuna Salad-----1/2 cup = 5.5 grams Carbohydrate
20. Turkey/Sausage Gumbo----- (PK-5)- 3/4 cup = 10.5 grams Carbohydrate
With 1/2 cup Brown Rice (22g) (6-12) – 1 cup = 14 grams Carbohydrate
21. Turkey/Sausage Jambalaya----- (PK-5) 2/3 cup 20g Carbohydrate
22. Whole Grain Saltine Crackers----- --2 packs (4 saltines) = 9 grams Carbohydrate
4 packs (8 saltines) = 18 grams Carbohydrate
23. **Whole Grain Pasta w/ Bolognese Sauce**----- (PK-5) - 2/3 cup = 22.6 grams Carbohydrate
24. **Vegetable Rice**-----2/3 cup = 27 grams Carbohydrate