

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

| <b>FRUIT TYPE</b>                               | <b>SERVING SIZE / CARB COUNT</b> |                     | <b>SERVING SIZE / CARB COUNT</b> |                    |
|---|----------------------------------|---------------------|----------------------------------|--------------------|
| 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                             | 1/4 cup                          | 2.65 g              | 1/2 cup                          | 5.3 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.

| <b>VEGETABLE TYPE</b>   | <b>SERVING SIZE/ CARB COUNT</b> |                       | <b>SERVING SIZE/ CARB COUNT</b> |                     |
|---|---------------------------------|-----------------------|---------------------------------|---------------------|
| 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, Pinto, canned  | 1/4 cup                         | 9.0 g                 | 1/2 cup                         | 18.0 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              |
| 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:**

- 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
- Cornbread, Whole Grain Dressing**----- 1/2 cup = 20 grams Carbohydrate
- Cornbread, Whole Grain**----- 1.0 oz. serving = 13.5 grams Carbohydrate
- Cornbread, Whole Grain**----- 1.5 oz. serving = 20.25 grams Carbohydrate
- Cornbread, Whole Grain**----- 2.0 oz. serving = 27.0 grams Carbohydrate
- Cranberry Sauce**-----1/8 cup = 14.0 grams Carbohydrate
- Grilled Cheese Sandwich**-----1 sandwich = 28.8 grams Carbohydrate
- Mozzarella Cheese Stick**-----1 – 1oz. stick = 0.5 grams Carbohydrate
- Rice Dressing**----- 1/2 cup = 20 grams Carbohydrate  
(Brown Rice)
- 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**----- (PK-5) - 3/4 cup= 31.0 grams Carbohydrate  
with 1/2 cup Brown Rice (23g) (6-12) - 1 cup = 33.0 grams Carbohydrate
- Turkey/Sausage Jambalaya**----- (PK-8) - 2/3 cup = 23.0 grams Carbohydrate  
(Brown Rice) (9-12) - 1 cup = 34.5 grams Carbohydrate
- Turkey/Sausage Pastalaya**----- (PK-8) - 2/3 cup = 23.0 grams Carbohydrate  
(Whole Wheat Pasta) (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/**----- (PK-5) - 2/3 cup = 22.6 grams Carbohydrate  
**Meat sauce** (6-12) - 1 cup = 34.0 grams Carbohydrate