

Brand	Product Name	Carb Count
Ala Carte SNACKS		
Belvita	Choc. Oats Bar 1.76oz	32 g
Belvita	Mixed Berry 1.76oz	33 g
National Food Group	Get Vertical-Cocoa Cherry Bar	37 g
Buena Vista	Choc. Chip Brownie	28 g
Otis Spunkmeyer	Sugar Cookie 1.5 oz	26 g
Otis Spunkmeyer	Carnival Cookie 1.5 oz	26 g
Otis Spunkmeyer	Choc. Brownie Cookie 1.5 oz	26 g
Otis Spunkmeyer	Choc. Chip Cookie 1.5 oz	17 g
Zerts Pudding	Cake Batter	19 g
Zerts Pudding	Brownie Batter	20 g
General Mills	Simply Chex Straw.Yogurt	23 g
General Mills	Double Chocolate Oatmeal Bar	24 g
Keebler	Atomic Cheez It WG	15 g
Keebler	Cheez IT WG	14 g
Frito Lay	Munchies Flaming Hot	17 g
Frito Lay	Munchies Ched Cheese Snacks	17 g
Quakers	Mix Snack Mix	17 g
Quakers	Delight White Cheddar Popcorn	9 g
Quakers	Cheetos Flamin Hot Puffs	14 g
Quakers	Cheetos Cheese Puffs	14 g
Quakers	Cheetos Flamin Hot Baked (Regular)	18 g
Quakers	Cheetos Regular Baked	17 g
Quakers	Fantastix Flamin Hot	20 g
Quakers	Fantastix Chili Cheese	19 g
Quakers	Doritos Nacho Cheese	20 g
Quakers	Doritos Cool Ranch	19 g
Quakers	Doritos Spicy Sweet Chili	20 g
Quakers	Lays Oven Baked	20 g
Quakers	Lays Oven Baked BBQ	19 g
Quakers	Lays Oven Baked Sour Cream	18 g
Quakers	Rold Gold Pretzels	15 g
Quakers	Skeeters Choc Chip Cookie	19 g

Brand	Product Name	Carb Count
DRINKS		
True Brew	Pink Lemonade Low Cal	9.5 g
True Brew	Watermelon Limade Low Cal	9.5 g
True Brew	Lemonade Low Cal	9.5 g
True Brew	Sweet Tea Low Cal	10 g
True Brew	Isotonic Fruit Punch	10 g
True Brew	Tropix Twist Low Cal	28 g
True Brew	Shake Ums Cherry Lemonade	21 g
G2	Glacier Freeze	7 g
G2	Grape	7 g
G2	Orange	7 g
Naked Juice	Mighty Mango	43 g
Naked Juice	Green Machine	41 g
Naked Juice	Berry Blast	37 g
Fruite Wave H2O	Orange	14 g
Fruite Wave H2O	Cherry	14 g
Izze Sparkling Juice	Apple	23 g
Izze Sparkling Juice	Blackberry	22 g
Envy Juice	Non Carbonated Cherry Apple	29 g
Envy Juice	Non Carbonated Fruit Punch	29 g
Juicy Juice	Orange Tangerine	17 g
Juicy Juice	Grape	16 g
Juicy Juice	Apple	15 g
Juicy Juice	Berry Fun	15 g
FRUITS		
Apple		19 g
Banana		23 g
Grapes		15 g
Watermelon		12 g
Blueberries		10 g
Cantaloupe		7 g
Grapefruit		10 g
Pear		22 g
Raisins		30 g
Apples (ES- prepackaged)		7 g
Bread Products		
Hamburger Bun		29 g
Hot Dog Bun		32 g
Hoagie Bun		33 g