

Fruit and Vegetable Bar Carbohydrate Counts

<p><u>Dark Green</u> Broccoli 1/2C-- 3g Romaine 1C-- 1g Spinach 1C--1g</p>	<p><u>Red/Orange 3/4 Cup</u> Carrots -- 6g Red Pepper--5g Yellow Peppers--3g Cherry Tomatoe-7g</p>	<p><u>Starchy 1/2 Cup</u> Corn -- 21g Potatoes--21g Peas--12g Green Beans--6g</p>	<p><u>Other 1/2 Cup</u> Celery-- 3g Cucumbers--1g Green Peppers--4g Pickles--0g</p>
<p><u>Fresh Fruits</u> Orange--18g Apple--18g Banana--27g Pear--16g</p>	<p><u>Frozen Fruit 1/2C</u> Strawberries--22g Peaches--19g Blueberries--28g</p>	<p><u>Canned Fruit 1/2C</u> Pineapple--20g Peaches--14g Pears--15g Mandarins--20g Tropical--15g Applesauce--19g</p>	<p><u>Dried Fruit 1/4C</u> Raisins--29g Cranberries--28g</p>
<p><u>Cut Fresh Fruit 1/2C</u> Watermelon--6g Cantaloupe--16g Grapes--15g Strawberries--10g Blueberries--11g</p>	<p><u>Fruit Juice Boxes</u> Apple--14g Orange--15g Grape--20g Cran/Rasp--14g Very Berry--17g</p>	<p><u>Veggie Juice Cartons</u> Wango Mango--13g Dragon Punch--13g</p>	<p><u>Beans 1/2C</u> Taco Beans--22g Baked Beans--30g Garbonzo--13g Kidney--23g Black Beans--20g Edamame--6g</p>

Condiment Carbohydrate Counts

Condiments are listed per packet

Ketchup--3g
Mustard--0g
Syrup--29g
Lt. Ranch--5g
BBQ--16g
Lt. Mayo--2g