

Carbohydrate List for Fruits and Veggies



Product	Portion Size	Carb (g)
Fruits-1/2 Cup (most items)		
Canned Fruit		
Applesauce Cup, Unsweetened, P-437900	1/2 Cup	14
Applesauce, Swtnd, West Creek, P-228600	1/2 Cup	23
Mixed Fruit, USDA, Cup	1/2 Cup	15
Peaches, Sliced, L/S, USDA, 14g	1/2 Cup	14
Pears, Diced, Light Syrup, Canned, USDA 1/2C	1/2 Cup	16
Peaches, Diced in Juice, P-862408	1/2 Cup	12
Pears, Diced in Juice, P-229691	1/2 Cup	14
Mandarin Oranges, Asian Pride, P-548127	1/2 Cup	13
Dried Fruit		
Cranberries, Dried, USDA, 28g	Package	28
Strawberry Craisins, Indiv Pk, 1.16oz	package	27
Raisins, Unswtnd, USDA, 30g	1 Box	30
Raisins, Unswtnd, 1.5 oz Box, P-487929	Box 1.5 oz	34
Frozen Fruit		
Blueberries, FZ, Packer, 1/2C 12g	1/2 Cup	12
Mixed Berries, USDA 110859	1/2 Cup	20
Strawberries, Diced, Cup, Frozen	1/2 Cup	22
Fresh Fruit		
APPLES,Fresh	EACH	19
BANANAS	EACH	27
ORANGES	EACH	15
GRAPES,Fresh	1/2 CUP	16
PEARS,FRESH	EACH	27
WATERMELON,CHUNKS	1/2 CUP	6
Juice Cups		
Juice, Apple, Cup, 100%, Ardmore, P-883282/974897	4 oz	14
Juice, Apple Cherry, Ardmore, P-371415	4 oz	14
Juice, Fruit Punch, 100%, Ardmore, P-370594	4 oz	14
Juice, Orange, Cup, Ardmore, P-883283	4 oz	13
Juice Box-Aseptic		
Juice, Apple, 100%, Aseptic, Ardmore, P-354767	4 oz	15
Juice, Grape, 100%, Aseptic, Ardmore, P-261280	4 oz	15
Juice, Orange, 100%, Aseptic, Ardmore, P-261251	4 oz	14
Juice, Fruit Punch,100%,Aseptic, Ardmore, P-354768	4 oz	15
Juice, Wango Mango, 100%, Aseptic, P-414165	4 oz	14



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Product	Portion Size	Carb (g)
Veggies-1/4 Cup (most items)		
Fresh Veggies		
BROCCOLI,raw: fresh	1/4 Cup	2
CARROTS,BABY,RAW	1/4 Cup	3
CAULIFLOWER,raw: fresh	1/4 Cup	1
CELERY STICKS	1/4 Cup	1
CUCUMBER,RAW, Sliced	1/4 Cup	1
Romaine Salad	1/2 Cup	1
Tomato, Cherry, Packer	1/4 Cup	3
Canned Veggies		
Black Beans, LS, Mothers Maid, 18g	1/4 Cup	9
Garbanzo Beans, Bushs, P-284297	1/4 Cup	10
Refried Beans, Vegetarian, Santiago, P-68357	1/4 Cup	13
Marinara Sauce, Red Pack, P-971691	1/4 Cup	5
Salsa, Mild, Red Gold, P-886718	2 Ounces	4
Salsa Dip Cup, Red Gold, P-432328	Each (3oz)	5
Frozen Veggies		
Corn, Whole Kernel, 1/4C, P-283344	1/4 Cup	9
Green Beans, FZ, USDA	1/4 Cup	2
Peas, Frozen, Simplot Classic	1/4 Cup	5
Spring Pea Salad, E-27	1/4 Cup	8
Seasoned Spiral Fries, McCain, P-531785	1/2 Cup	17
Potato, Smiles, McCain, P-384399	1/4 Cup(2 each)	10
Mashed Potatoes, Pearls, 1/4C P-913394, E-50	1/4 Cup	7
Tater Tots, ORE-IDA, P-284787	1/4 Cup (4 ea)	8



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