Carbohydrate List for Fruits and Veggies



Product Portion Size Carb (g)

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	Product	Portion Size	Carb (g)
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-862408 1/2 Cup 12 Mandarin Oranges, Asian Pride, P-548127 1/2 Cup 13 Dried Fruit 1/2 Cup 13 Dried Fruit 1/2 Cup 14 Cranberries, Dried, USDA, 28g Package 28 Strawberry Craisins, Indiv Pk, 1.16oz Package 27 Raisins, Unswtnd, USDA, 30g 1 Box 30 Raisins, Unswtnd, USDA, 30g 1 Box 30 Raisins, Unswtnd, 1.5 oz Box, P-487929 Box 1.5 oz 34 Frozen Fruit 1/2 Cup 12 Mixed Berries, USDA 110859 1/2 Cup 20 Strawberries, Diced, Cup, Frozen 1/2 Cup 22 Fresh Fruit 2 APPLES,Fresh EACH 19 BANANAS EACH 27 ORANGES EACH 27 ORANGES EACH 27 WATERMELON,CHUNKS 1/2 CUP 6 Juice Cups Juice, Apple, Cup, 100%, Ardmore, P-883282/97489 4 oz 14 Juice, Fruit Punch, 100%, Ardmore, P-370594 4 oz 14 Juice, Fruit Punch, 100%, Ardmore, P-883283 4 oz 15 Juice, Orange, Cup, Ardmore, P-883283 4 oz 15 Juice, Orange, 100%, Aseptic, Ardmore, P-261251 4 oz 14 Juice, Grape, 100%, Aseptic, Ardmore, P-261251 4 oz 14 Juice, Fruit Punch, 100%, Aseptic, Ardmore, P-354768 4 oz 15 Juice, Fruit Punch, 100%, Aseptic, Ardmore, P-354768 4 oz 15	Fruits-1/2 Cup (most items)		
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 172 Cup 13 Dried Fruit 173 Cup 143 Cranberries, Dried, USDA, 28g Package 28 Strawberry Craisins, Indiv Pk, 1.16oz package 27 Raisins, Unswtnd, USDA, 30g 1 Box 30 Raisins, Unswtnd, USDA, 30g 1 Box 30 Raisins, Unswtnd, 1.5 oz Box, P-487929 Box 1.5 oz 34 Frozen Fruit 180 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 172 BANANAS EACH 27 ORANGES EACH 27 ORANGES EACH 27 ORANGES EACH 27 WATERMELON, CHUNKS 1/2 CUP 66 Juice Cups 14 Juice, Apple, Cup, 100%, Ardmore, P-883282/97489 4 oz 14 Juice, Apple, Cup, Ardmore, P-371415 4 oz 14 Juice, Apple, Cup, Ardmore, P-883283 4 oz 15 Juice, Grape, 100%, Aseptic, Ardmore, P-354767 4 oz 15 Juice, Grape, 100%, Aseptic, Ardmore, P-261280 4 oz 15 Juice, Grape, 100%, Aseptic, Ardmore, P-261251 4 oz 15 Juice, Fruit Punch, 100%, Aseptic, Ardmore, P-354768 4 oz 15	Canned Fruit		
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	Applesauce Cup, Unsweetened, P-437900	1/2 Cup	14
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	Applesauce, Swtnd, West Creek, P-228600	1/2 Cup	23
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 27 GRAPES, Fresh EACH 27 WATERMELON, CHUNKS 1/2 CUP 6 Juice, Apple, Cup, 100%, Ardmore, P-883282/974897 4 oz 14	Mixed Fruit, USDA, Cup	1/2 Cup	15
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 2 1/2 Cup 13 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 8 1/2 Cup 12 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 20 Fresh Fruit 8 APHES,Fresh EACH 19 BANANAS EACH 19 BANANAS EACH 27 ORANGES EACH 15 GRAPES,Fresh 1/2 CUP 16 PEARS,FRESH EACH 27 16 WATERMELON,CHUNKS 1/2 CUP 6	Peaches, Sliced, L/S, USDA, 14g	1/2 Cup	14
Pears, Diced in Juice, P-229691 1/2 Cup 14 Mandarin Oranges, Asian Pride, P-548127 1/2 Cup 13 Dried Fruit 2 1/2 Cup 13 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 8 1/2 Cup 12 Mixed Berries, USDA 110859 1/2 Cup 20 Strawberries, Diced, Cup, Frozen 1/2 Cup 22 Fresh Fruit 2 2 APPLES,Fresh EACH 19 BANANAS EACH 19 BANANAS EACH 15 GRAPES,Fresh 1/2 CUP 16 PEARS,FRESH EACH 27 WATERMELON,CHUNKS 1/2 CUP 6 Juice, Apple, Cup, 100%, Ardmore, P-883282/974897 4 oz 14 Juice, Pruit Punch, 100%, Ardmore, P-371415 4 oz 14 J	Pears, Diced, Light Syrup, Canned, USDA 1/2C	1/2 Cup	16
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 27 GRAPES,Fresh 1/2 CUP 16 PEARS,FRESH EACH 27 WATERMELON,CHUNKS 1/2 CUP 6 Juice Cups 1 Juice, Apple, Cup, 100%, Ardmore, P-883282/974897 4 oz 14 Juice, Fruit Punch, 100%, Ardmore, P-883283 4 oz 14 Juice, Orange, Cup, Ardmore, P-883283 4 oz 13 Juice, Apple, 100%, Aseptic, Ardmore, P-354767	Peaches, Diced in Juice, P-862408	1/2 Cup	12
Dried Fruit 28 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 1/2 Cup 12 Blueberries, FZ, Packer, 1/2C 12g 1/2 Cup 20 Mixed Berries, USDA 110859 1/2 Cup 20 Strawberries, Diced, Cup, Frozen 1/2 Cup 22 Fresh Fruit 8 8 8 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 1 4 oz 14 Juice, Apple, Cup, 100%, Ardmore, P-883282/97489 4 oz 14 Juice, Fruit Punch, 100%, Ardmore, P-883283 4 oz 14 Juice, Orange, Cup, Ardmore, P-883283 <t< td=""><td>Pears, Diced in Juice, P-229691</td><td>1/2 Cup</td><td>14</td></t<>	Pears, Diced in Juice, P-229691	1/2 Cup	14
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, Apple, Cup, 100%, Ardmore, P-883282/97489 4 oz 14 Juice, Apple Cherry, Ardmore, P-371415 4 oz 14 Juice, Orange, Cup, Ardmore, P-883283 4 oz 14 Juice, Orange, Cup, Ardmore, P-883283 4 oz 13 Juice, Apple, 100%, Aseptic, Ardmore, P-354767 4 oz 15 Juice, Grape, 100%, Aseptic, Ardmore, P	Mandarin Oranges, Asian Pride, P-548127	1/2 Cup	13
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, Apple, Cup, 100%, Ardmore, P-883282/97489, 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, Orange, Cup, Ardmore, P-883283 4 oz 15 Juice, Apple, 100%, Aseptic, Ardmore, P-354767 4 oz 15 Juice, Grape, 100%, Aseptic, Ardmore, P-261280 4 oz	Dried Fruit		
Raisins, Unswtnd, USDA, 30g Raisins, Unswtnd, 1.5 oz Box, P-487929 Box 1.5 oz 34 Frozen Fruit Blueberries, FZ, Packer, 1/2C 12g Mixed Berries, USDA 110859 1/2 Cup 20 Strawberries, Diced, Cup, Frozen 1/2 Cup 22 Fresh Fruit APPLES,Fresh BANANAS EACH 27 ORANGES EACH 15 GRAPES,Fresh 1/2 CUP 16 PEARS,FRESH EACH 27 WATERMELON,CHUNKS 1/2 CUP 6 Juice, Apple, Cup, 100%, Ardmore, P-883282/974897 Juice, Fruit Punch, 100%, Ardmore, P-883283 Juice, Orange, Cup, Ardmore, P-883283 Juice, Apple, 100%, Aseptic, Ardmore, P-354767 Juice, Grape, 100%, Aseptic, Ardmore, P-261251 Juice, Fruit Punch, 100%, Aseptic, Ardmore, P-261251	Cranberries, Dried, USDA, 28g	Package	28
Raisins, Unswtnd, 1.5 oz Box, P-487929 Frozen Fruit Blueberries, FZ, Packer, 1/2C 12g Mixed Berries, USDA 110859 Strawberries, Diced, Cup, Frozen Fresh Fruit APPLES, Fresh BANANAS EACH CRANGES GRAPES, Fresh EACH 15 GRAPES, Fresh EACH 172 CUP 16 PEARS, FRESH WATERMELON, CHUNKS Juice, Apple, Cup, 100%, Ardmore, P-883282/9748974 oz 14 Juice, Fruit Punch, 100%, Ardmore, P-883283 Juice, Apple, Cup, Ardmore, P-883283 Juice, Orange, Cup, Ardmore, P-883283 Juice, Apple, Cup, Ardmore, P-883283 Juice, Orange, Cup, Ardmore, P-883283 Juice, Orange, Cup, Ardmore, P-883283 Juice, Orange, Cup, Ardmore, P-883283 Juice, Apple, 100%, Aseptic, Ardmore, P-354767 Juice, Grape, 100%, Aseptic, Ardmore, P-261280 Juice, Orange, 100%, Aseptic, Ardmore, P-261251 Juice, Fruit Punch, 100%, Aseptic, Ardmore, P-354768	Strawberry Craisins, Indiv Pk, 1.16oz	package	27
Blueberries, FZ, Packer, 1/2C 12g	Raisins, Unswtnd, USDA, 30g	1 Box	30
Blueberries, FZ, Packer, 1/2C 12g 1/2 Cup 20 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-883283 4 oz 13 Juice Box-Aseptic Juice, Grape, 100%, Aseptic, Ardmore, P-354767 4 oz 15 Juice, Grape, 100%, Aseptic, Ardmore, P-261280 4 oz 14 Juice, Fruit Punch, 100%, Aseptic, Ardmore, P-261251 4 oz 14 Juice, Fruit Punch, 100%, Aseptic, Ardmore, P-261251 4 oz 14 Juice, Fruit Punch, 100%, Aseptic, Ardmore, P-261251 4 oz 15 Juice, Fruit Punch, 100%, Aseptic, Ardmore, P-354768 4 oz 15	Raisins, Unswtnd, 1.5 oz Box, P-487929	Box 1.5 oz	34
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-883282/97489, 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, Fruit Punch, 100%, Aseptic, Ardmore, P-261251 4 oz 14 Juice, Fruit Punch, 100%, Aseptic, Ardmore, P-354768 4 oz 15	Frozen Fruit		
Strawberries, Diced, Cup, Frozen 1/2 Cup 22 Fresh Fruit 27 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 1/2 CUP 6 Juice, Apple, Cup, 100%, Ardmore, P-883282/9748974 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 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, Fruit Punch, 100%, Aseptic, Ardmore, P-354768 4 oz 15	Blueberries, FZ, Packer, 1/2C 12g	1/2 Cup	12
Fresh Fruit 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 1/2 CUP 6 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, 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	Mixed Berries, USDA 110859	1/2 Cup	20
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-261251 4 oz 15 Juice, Fruit Punch, 100%, Aseptic, Ardmore, P-354768 4 oz 15	Strawberries, Diced, Cup, Frozen	1/2 Cup	22
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-883282/97489, 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	Fresh Fruit		
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, Fruit Punch, 100%, Aseptic, Ardmore, P-261251 4 oz 14 Juice, Fruit Punch, 100%, Aseptic, Ardmore, P-354768 4 oz 15	APPLES,Fresh	EACH	19
GRAPES,Fresh 1/2 CUP 16 PEARS,FRESH EACH 27 WATERMELON,CHUNKS 1/2 CUP 6 Juice Cups	BANANAS	EACH	27
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	ORANGES	EACH	15
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	GRAPES,Fresh	1/2 CUP	16
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 15 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	PEARS,FRESH	EACH	27
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	WATERMELON,CHUNKS	1/2 CUP	6
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 Cups		
Juice, Fruit Punch, 100%, Ardmore, P-370594 4 oz 14 Juice, Orange, Cup, Ardmore, P-883283 4 oz 13 Juice Box-Aseptic 5 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, Apple, Cup, 100%, Ardmore, P-883282/974897	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, Apple Cherry, Ardmore, P-371415	4 oz	14
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, Fruit Punch, 100%, Ardmore, P-370594	4 oz	14
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, Orange, Cup, Ardmore, P-883283	4 oz	13
Juice, Grape, 100%, Aseptic, Ardmore, P-2612804 oz15Juice, Orange, 100%, Aseptic, Ardmore, P-2612514 oz14Juice, Fruit Punch, 100%, Aseptic, Ardmore, P-3547684 oz15	Juice Box-Aseptic		
Juice, Orange, 100%, Aseptic, Ardmore, P-2612514 oz14Juice, Fruit Punch, 100%, Aseptic, Ardmore, P-3547684 oz15	Juice, Apple, 100%, Aseptic, Ardmore, P-354767	4 oz	15
Juice, Fruit Punch,100%,Aseptic, Ardmore, P-354768 4 oz 15	Juice, Grape, 100%, Aseptic, Ardmore, P-261280	4 oz	15
	Juice, Orange, 100%, Aseptic, Ardmore, P-261251	4 oz	14
Juice, Wango Mango, 100%, Aseptic, P-414165 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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Carbohydrate List for Fruits and Veggies



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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