

<b>Fruit</b>	<b>Portion Size</b>	<b>Carbs (gm)</b>	<b>Fiber (gm)</b>	<b>Calories</b>
Apple Slices, Dried	1 Each	10	2	40
Apple Slices, Fresh	1 Each	7	1	30
Apple Slices, Fresh	3 Slices	9.1	1.6	34.5
Apple, Whole	1 Each	14	2.4	52.8
Applesauce, Regular	1 Each	14	2	60
Applesauce, Regular	1/2 Cup	14	2	50
Applesauce, Strawberry	1 Each	15	1	60
Banana	1 Each	17.7	2	68.9
Cantaloupe	1/2 Cup	6.2	0.7	26
Craisins	1 Each	28	3	110
Grapes	1/2 Cup	14.1	0.7	53.6
Honeydew	1/2 Cup	7.7	0.7	30.6
Juice Box	1 Each	15	0	60
Kiwi	1 Each	12.2	2.5	50.7
Lemonade Juice Slushy	1 Each	24	0	100
Mandarin Oranges	1/2 Cup	19	0	80
Orange Juice	1/2 Cup	14	1	60
Orange Slices	6 Slices	11.2	2	43.8
Peaches, Canned	1/2 Cup	12	0	50
Pears, Canned	1/2 Cup	14	2	60
Pineapple, Fresh	1/2 Cup	10.1	1.1	38.4
Strawberries, Fresh	1/2 Cup	5.9	1.5	24.5
Watermelon	1/2 Cup	5.8	0.3	23
<b>Vegetables</b>	<b>Portion Size</b>	<b>Carbs (gm)</b>	<b>Fiber (gm)</b>	<b>Calories</b>
Baked Beans	1/2 Cup	30.8	6	149.3
Broccoli Florets	1/4 Cup	1	0.5	5.4
Broccoli/Carrot Bag	1 Each	4.5	1.4	20.2
Broccoli/Tomato Bag	1 Each	2.4	0.8	11.8
Carrot Slims	1/4 Cup	3.4	1	14.7
Carrot/Cucumber Bag	1 Each	4.4	1.1	18.7
Cauliflower Florets	1/4 Cup	1.3	0.5	6.4
Cauliflower/Carrot Bag	1 Each	4.7	1.5	21.1
Cucumber Slices	1/4 Cup	0.9	0.1	3.9
Garbanzo Beans	1/4 Cup	8.7	2.4	52.5
Jicama Sticks	1/4 cup	2.9	1.6	12.4
Jicama/Tomato Bag	1 Each	4.3	2	18.8
Kidney Beans	1/4 Cup	8.2	2.4	47.8
Potatoes, Crinkle Fries	1/2 Cup	23	2	140
Potatoes, Baked Wedges	1/2 Cup	17.9	1.7	85
Potatoes, Smiles	1/2 Cup	20	2	130
Tomato, Diced	1/4 Cup	1.2	0.4	5.4
Tossed Green Salad	1 Cup	1.4	0.5	7.4
Yam Sticks	1/4 Cup	10.5	1.5	44.3
Zucchini Slices	1/4 Cup	0.9	0.3	4.8