

Food Item	Portion Size	Carb Count
Apple Juice 4oz	1 each	14.51 grams
Apple Slices, prepacked	1 pack	7.83 grams
Apple, fresh 3"diameter	1 medium	25.13 grams
Apples, Baked	1/2 cup	20.05 grams
Apple/Grape Buddies	1 pack	11.67 grams
Applesauce, canned	1/2 cup	13.77 grams
Applesauce Cup for FT	1/2 cup	21.98 grams
Banana, fresh	1 each	26.95 grams
Blueberries	1/2 cup	11.17 grams
Cantaloupe	1/2 cup	11.03 grams
Fruit Mix	1/2 cup	17.88 grams
Grapes, fresh	1/2 cup	18.4 grams
Grape Juice 4oz	1 each	19.01 grams
Kiwi	1/2 cup	11.57 grams
Orange Juice 4oz	1 each	14.41 grams
Orange, fresh	1 each	11.28 grams
Peaches, diced	1/2 cup	18.26 grams
Peaches, sliced	1/2 cup	17 grams
Pears, fresh	1 each	27.52 grams
Pears, diced	1/2 cup	20 grams
Pineapple Tidbits	1/2 cup	17 grams
Pineapple, fresh	1/2 cup	18.69 grams
Raisins, 1.33 oz box	1 box	29.98 grams
Strawberries, fresh	1/2 cup	5.93 grams
Strawberries,frozen	1/2 cup	38 grams
Tangerines, fresh	1 each	11.21 grams
Watermelon	1/2 cup	11.23 grams