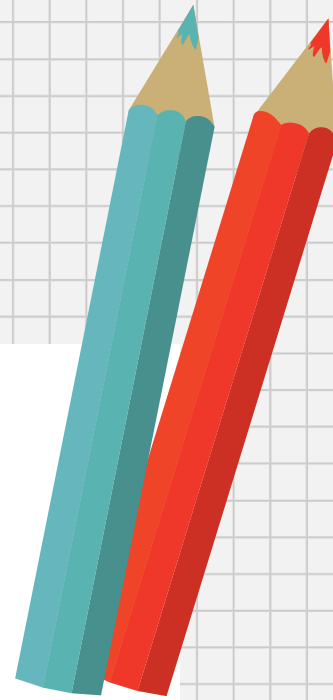


# CARB COUNT FOR HEALTHY LUNCH!



TIPS FOR EASY CARB COUNTING WHEN THE NUTRITION LABEL IS NOT AVAILABLE.

## VEGETABLES (NON-STARCHY)

1 CUP OF RAW OR 1/2 CUP OF COOKED VEGETABLE = 5 GRAMS

## FRUITS

15 GRAMS

- 1 CUP DICED MELON
- 1 CUP BERRIES
- 1/2 BANANA
- 17 GRAPES
- 1/4 CUP DRIED FRUIT
- SMALL (4 OUNCE) ORANGE, APPLE, PEAR OR PEACH

## DAIRY

- CHEESE = 0 GRAMS

2 GRAMS

- 2/3 CUP PLAIN YOGURT
- 1 CUP MILK
- 1 CUP SOY OR RICE MILK

## WHOLE GRAINS

15 GRAMS

- 1/3 CUP RICE OR PASTA
- 6 INCH TORTILLA
- 1/2 CUP BEANS
- 3 CUPS OF POPPED POPCORN
- 1/2 CUP CORN
- 1 SLICE BREAD
- 1/2 CUP UNSWEETENED CEREAL
- 1/2 HAMBURGER OR HOT DOG BUN

## LEAN PROTEIN

WHOLE ANIMAL PROTEIN DOES NOT CONTAIN CARBS, HOWEVER, SOME PROCESSED LUNCH MEATS MAY CONTAIN 1-2 GRAMS PER OUNCE. IF NO LABEL IS INCLUDED, COUNT AS 0 GRAMS.

- 1/2 CUP OF BEANS = 15 GRAMS

BE SURE TO INCLUDE FOOD ITEM, SERVING SIZE, AND CARB COUNT FOR EACH ITEM IN YOUR CHILD'S LUNCH, LIKE IN THE EXAMPLE BELOW!

FOOD	SERVING SIZE	GRAMS OF CARBS
BROCCOLI	1 CUP ROASTED	10 GRAMS
APPLE	1 SMALL	15 GRAMS
RICE	2/3 CUP	30 GRAMS
CHICKEN	4 OUNCES	0 GRAMS
CHEESE STICK	1 STICK	0 GRAMS
COOKIE	1 COOKIE	15 GRAMS

