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!

<table>
<thead>
<tr>
<th>FOOD</th>
<th>SERVING SIZE</th>
<th>GRAMS OF CARBS</th>
</tr>
</thead>
<tbody>
<tr>
<td>BROCCOLI</td>
<td>1 CUP ROASTED</td>
<td>10 GRAMS</td>
</tr>
<tr>
<td>APPLE</td>
<td>1 SMALL</td>
<td>15 GRAMS</td>
</tr>
<tr>
<td>RICE</td>
<td>2/3 CUP</td>
<td>30 GRAMS</td>
</tr>
<tr>
<td>CHICKEN</td>
<td>4 OUNCES</td>
<td>0 GRAMS</td>
</tr>
<tr>
<td>CHEESE STICK</td>
<td>1 STICK</td>
<td>0 GRAMS</td>
</tr>
<tr>
<td>COOKIE</td>
<td>1 COOKIE</td>
<td>15 GRAMS</td>
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</tbody>
</table>