
Breakfast Food Carbohydrate Count

Breakfast Bar	Serving Size	Serving	Carbs (g)
IW Granola	¼ cup	Size of egg	15
Yogurt	8 oz	Size of fist	12
Gorilla Cereal	¾ cup	Size of tennis ball	27
Oatmeal	½ cup	1 Cupped hand	22
Brown Sugar	2 tsp	2 spoons	8
2% Milk	8 oz.	1 glass	12
Soy Milk	8 oz.	1 glass	12
Rice Milk	8 oz.	1 glass	23
Melon	½ cup	1 Cupped hand	14
Pineapple	½ cup	1 Cupped hand	20
Strawberries	½ cup	1 Cupped hand	6
Orange Juice	4 oz.	½ glass	15
Apple Juice	4 oz.	½ glass	15

Tuesday Food	Serving Size	Serving	Carbs (g)
Scrambled Eggs	½ cup	1 Cupped hand	2.5
Pork Sausage	56g	2 links*	0
Chicken Sausage	2 links	2 links	2*
Blueberry Muffin	1 muffin	1 muffin	33
GF Muffin	85g	1 muffin	40

Wednesday Food	Serving Size	Serving	Carbs (g)
Scrambled Eggs	½ cup	1 Cupped hand	2.5
Bacon or sausage	2 slices	2 slices	0
Strawberry Jam	1 Tbsp	1 Thumb tip	15
Breakfast Roll	1 roll	1 Roll	30
GF Muffin	85g	1 muffin	40

Thursday Food	Serving Size	Serving	Carbs (g)
Scrambled Eggs	½ cup	1 Cupped hand	2.5
Potatoes	3 oz.	Size of palm	15*
Crumb Cake	3 oz	1 triangle piece	45
GF Muffin	85g	1 muffin	40

*based on averages