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Lunch Food Carbohydrate Count

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Lunch Foods	Serving Size	Serving	Carbs (g)
IW Wheat Bread	1 slice	1 slice	15
GF Bread	1 slice	1 slice	21
GF/Egg Free Bread	1 slice	1 slice	23
Sliced Turkey	3 oz.	Deck of cards	1.5
Cheddar Cheese	1 slice	1 slice	0
Sliced Tofu	3 oz.	Deck of cards	4
Hummus	2 Tbsp	Golf ball	5
Mayonnaise	2 Tbsp	Golf ball	0
Mustard	1 Tbsp	Size of Thumb	1
Strawberry Jam	2 Tbsp	Golf ball	30
Peanut Butter	2 Tbsp	Golf ball	6
Sun Butter	2 Tbsp	Golf ball	7
Grapes	1 cup	Fist size	27
Oranges	4 slices	4 slices	10
Snickerdoodle	1 cookie	1 cookie	20*
Quinoa Cookie	2 cookies	2 cookies	20
Choc. Chip Cookie	1 cookie	1 cookie	20*
Oatmeal Raisin	1 cookie	1 cookie	20*
Kettle Chips	15 chips	15 chips	15
Tortilla Chips	15 chips	15 chips	15
Lay's Potato Chips	1 bag	1 bag	15
Apple	1 apple	1 apple	20

Snack Foods	Serving Size	Serving	Carbs (g)
Graham Crackers	8 pieces/ 2 sheets	8 pieces/ 2 sheets	22
GF Graham Crackers	6 pieces/ 1pack	6 pieces/ 1pack	36
Baby Carrots	3 oz.	Size of palm	5
Cheese Sticks	1 stick	1 stick	0
Pretzel Twists	16 pretzels	16 pretzels	23
GF Pretzel Crisps	11 pretzels	11 pretzels	23
Animal Crackers	15 cookies	15 cookies	23

\*based on averages