

Carbohydrate Content for Gordons Food Services Foods

<u>BREAKFAST FOODS</u>	<u>CARBS</u>	<u>FRUIT-FRESH/CANNED</u>	<u>CARBS.</u>
Mini wheat blueberry loaves	30	<u>FRESH</u>	
Blueberry muffin	30	Tangerine (small)	20
Assorted Cereals	20	Apple (medium)	25
French toast	20	Grapes (about 17)	15
Iced cinnamon swirl bread	30	Banana (medium)	30
Whole grain peach turnover	52	Watermelon (1/2 cup)	8
Whole grain cherry turnover	48	Strawberries (1/2 cup)	15
Whole grain apple turnover	50	Melon (1/2 cup)	15
Fruit danish	55	Orange slices	20
French toast sticks (3 pieces)	25	Blueberries - 3/4 cup	15
Apple spiced donut	25	Raisins or dried cherries (2 tspn)	15
Glazed dunkin stix	30		
Glazed french twist	30	<u>CANNED (for each 1/2 cup)</u>	
Glazed honey wheat donut	30	Peaches	15
Glazed sour cream donut	30	Applesauce	25
Plain cake donut	30	Mandarin Orange	20
Pop tart	35	Pineapple	20
Rice Krispie treat	15	Mixed Fruit	20
Cinnamon roll	15	Pear	20
Peanut Butter & jelly pocket	35	Mixed fruit applesauce	25
Chocolate enrobed donut	30	Cinnamon applesauce	30

Based on 2008 labels, all are subject to change. Special thanks to a dedicated parent of a child with diabetes for compiling this list for Diabetes Youth Services.

Carbohydrate Content for Gordons Food Services Foods

BREADS

Bun - hamburger, hog dog - 1	30
Baked Pretzel	40
Tortilla - 1 - 6 inches	15
Dinner roll - 1	15
Cheesy breadstick - 1	25
Garlic bread	30

CANNED Fruit Continued...

Fruit Cup with whipped topping	35
Apricot fruit cup	25
Fruit salsa cup	15
Cherry sorbet gel cup	40
Fruit cocktail	15

DAIRY PRODUCTS

CARBS

Whole milk (1 cup)	12
2% milk (1 cup)	12
Fat Free milk(1 cup)	12
Calcium fortified fat free milk	12
1/2 % milk	12
1% milk	12
Fat free/low fat buttermilk	12
Evaporated fat free milk (1/2 cup)	12
Evaporated whole milk (1/2 cup)	12
Fat free dry milk (1/3 cup dry)	12
Chocolate whole/1% milk (1 cup)	25
Chocolate 2% milk (1 cup)	30
Flavored milk - assorted (1 cup)	30

FRUIT JUICE (each 4 OZ.)

CARBS.

Orange juice	15
Apple juice/cider	15
Apricot nectar	17
Pineapple juice	17
Fruit juice bar, 100% juice (1 each)	20

Carbohydrate Content for Gordons Food Services Foods

<u>YOGURT</u> (per 8 oz. cup)		<u>DESSERTS</u>	
Plain yogurt - whole	10	Red gelatin with sliced apples	23
Plain yogurt - low-fat	15	Rice Krispie treat	15
Plain yogurt - fat free	17	Cookie - 1	15
Fruit flavored - per 8 oz.		Shape Up	15
Whole	32	Jello-O	15
Low Fat	43	Fruit Turnover	52*
Fat free, regular	43	Fruit Crisp	20* Varies
Fat free, no sugar added	15	Frozen treat	15 Varies
Yoplait Go-gurt	15	Sherbet	25
		Brownie - unfrosted 2" square	20*
		Fruit juice bar - 1	15 Varies
		Ice Cream - 1/2 cup	15
		Frozen yogurt - 1/2 cup	15
		Cupcake - small, frosted	30
		Pumpkin Pie - 1/8 piece	30
		Pudding - regular 1/2 cup	30
		Sweet Roll - 2.5 oz.	35
		Fruit Pie - 2 crust - 1/6 pie	45

Based on 2008 labels, all are subject to change. Special thanks to a dedicated parent of a child with diabetes for compiling this list for Diabetes Youth Services.

Carbohydrate Content for Gordons Food Services Foods

<u>VEGETABLES</u>	<u>CARBS</u>	<u>ENTREES</u>	<u>CARBS</u>
<u>Non-Starchy vegetables</u>		Baked macaroni & cheese	30
1 serving =1 c. raw, 1/2 c. cooked, 1/2 c. juice or 1/4 c. tomato juce		BBQ Pork Rib on a hoagie bun	30
Beans - wax or green	5	Beef and bean burrito	45
beets	5	Beef Goulash	35
Broccoli	5	Beef teriyaki with rice	30
Carrots	5	Cheeseburger on a bun	30
Cauliflower	5	Chicken, bean & rice burrito	45
Celery	5	Chili Mac	25
Cucumber	5	Chili with corn	40
Lettuce	5	Fish/Cheese on a bun	40
Mushrooms	5	Fish sticks with potato rounds	35
Tomatoes	5	Ham & Cheese on a bun	30
		Ham & Cheese wraps - 2	40
		Ham, pepperoni & cheese stromboli	35
		Hamburger on a bun	25
		Hot dog in a bun	30
		Meatloaf on a bun with cheese	25
		Meatballs with mashed potatoes	25
		Meatloaf, gravy, mashed potatoes	25
		Mini cheeseburgers w/cheese	40
		Popcorn chicken with potatoes	25
		Sloppy joe w/cheese on a bun	35

Based on 2008 labels, all are subject to change. Special thanks to a dedicated parent of a child with diabetes for compiling this list for Diabetes Youth Services.

Carbohydrate Content for Gordons Food Services Foods

<u>Starchy Vegetables</u>	<u>CARBS</u>	<u>ENTREES Continued...</u>	<u>CARBS</u>
Corn/Peas - 1/2 cup	15	Spaghetti with meat sauce	30
Corn on the Cob, large (1/2 cob)	15	Taco meat with corn	25
Lima Beans - 2/3 cup	15	Pork (BBQ) shredded on a bun	40
Mixed vegetables - 1 cup	15	Toasted cheese w/potato rounds	50
Potato baked - 1 small	15	Macaroni & cheese w/ peas	35
Potatoes mashed - 1/2 cup	15	Mini Corn dogs	35
French Fries	25	Peanut butter & jelly pocket	35
Star shaped potatoes	25	Grilled cheese & tomato soup	45
Potato wedges	15	Philly cheese steak	20
Waffle fries	25	Chicken drummies	15
		Rice Pilaf	20
		Chicken nuggets	15
		Shrimp poppers	20
		Chicken fingers	15
		Popcorn chicken	15
		Taco quesadilla	15
		Tony's dipping sticks (2) w/sauce	30
		Walking taco	15
		Stuffed crust pizza	45
		Tony's pizza	30
		Chicken or cheese quesadilla pizza	20

Based on 2008 labels, all are subject to change. Special thanks to a dedicated parent of a child with diabetes for compiling this list for Diabetes Youth Services.

Carbohydrate Content for Gordons Food Services Foods

<u>SNACKS/MISC.</u>	<u>CARBS</u>	<u>ENTREES Continued...</u>	<u>CARBS</u>
Popcorn - 3 cups	15	Big daddy pizza	30
Snack chips (15-20 chips)	15	Pizza nardonne cheese	30
Animal crackers - 8	15	Pizza nardonne pepperoni	30
Graham crackers - 3 squares	15	Turkey corn dogs with potatoes	50
Rice cakes - 2 cakes	15	Turkey hot dog & baked beans	40
Vanilla wafers - 5	15	Turkey hog dog with potatoes	20
Beef stick - 1	0	Turkey with gravy and dressing	25
Cheese snack pack	5	Turkey with cheese on a bun	25
Nacho chips	20	Submarine sandwich - 1	45
Scooby doo graham crackers	20	Lasagna meat - 1 cup	30
Scoops - corn chips	20	Pot Pie - 1 small	45
Sunchips - harvest cheddar	20		
Vanilla mini grahams	35		