

# CARBOHYDRATE COUNTS FOR LUNCH AND BREAKFAST

## Milk

1 o/o      12g

Fat Free   12 g

Chocolate 25g

## Juice

Grape      32 g

Orange     26g

Apple      27g

Toast      16g per slice

# CARBOHYDRATE COUNTS FOR CONDIMENTS

Ranch Lt.	2T is 1g
French	2T is 10g
BBQ Sauce	2T is 14g
Ketchup	2T is 5g
Taco Sauce	2T is 2g
Yellow Mustard	2T is 1g
Honey Mustard	2T is 12g