

Carbohydrate Count for Middle a la Carte Items

11/2011

Item	CHO (g)
Apple juice, Dole (10 fl oz)	34
Brownie (1.2 oz; 2"x3")	28
Cake, chocolate w/ icing (1.2 oz; 2"x3")	37
Cake, yellow w/icing (1.2 oz; 2"x3")	38
Cereal, cheerios (0.687 oz)	14
Cereal, cinnamon toast crunch (1 oz)	21
Cereal, cocoa puffs (24g; 3/4 cup)	20
Cereal, corn flakes (0.687 oz)	16
Cereal, frosted flakes (1 oz)	24
Cereal, frosted mini wheats (1 oz)	23
Cereal, fruit loops (0.67 oz)	16
Cereal, fruity cheerios (0.875 oz)	21
Cereal, kix (0.625 oz)	14
Cereal, rice chex (0.69 oz)	17
Cereal, rice krispies (0.625 oz)	16
Cereal, trix (0.875 oz)	18
Cheetos (0.875 oz)	15
Cheez-it crackers, lg. (1.5 oz)	28
Cheez-it crackers, small (0.75 oz)	14
Chicken sandwich, dill flavored	40
Chips, Herr's, buffalo wing (1 oz)	16
Chips, Herr's, ranch (1 oz)	14
Chips, Lay's, BBQ (1 oz)	15
Chips, Lay's, kettle cooked, BBQ (1 oz)	15
Chips, Lay's, salt & vinegar (1 oz)	15
Chips, Lay's, sour cream & onion (1 oz)	15
Chips, Ruffles, cheddar and sour cream (1 oz)	14
Cookie, carnival, Mrs. Rich's (1.5 oz)	25
Cookie, chocolate chunk Mrs. Rich's (1.5 oz)	25
Cookie, macadamia nut, Mrs. Rich's (1.5 oz)	23
Cookie, oatmeal raisin, Mrs. Rich's (1.5 oz)	25
Cookie, sugar, Mrs. Rich's (1.5 oz)	24
Doritos, cool ranch (1 oz)	18
Doritos, nacho Cheese (1 oz)	17
Doritos, spicy sweet chile (1 oz)	18
Fruit punch, Dole (10 fl oz)	34

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Funyuns (0.75 oz)	14
Graham crackers, Gripz (1 oz)	19
Hot dog sliders (3 count)	17/slider
Hot Fries (1 oz)	18
Ice cream sandwich, Good Humor (52 g)	25
Jello, plain (4 oz)	18
Little Debbie, chocolate cream cake (32g)	21
Little Debbie, fudge round (34g)	23
Little Debbie, Nutty Bar (19g)	11
Little Debbie, Oatmeal Cream Pie (38g)	26
Orange juice, Dole (10 fl oz)	34
Orange sherbet pop-ups (2.75 oz)	18
Oreo ice cream bar, Good Humor (78 g)	31
Pizza, pepperoni, sgl-serv., Red Baron (7.9 oz)	68
Rice Krispy treat square, large (1.3 oz)	28
Saltine crackers (4/pkg)	9
Sherbet, lime (4 oz)	27
Sherbet, orange (4 oz)	27
Sherbet, raspberry (4 oz)	27
Slushi, Rips Blue Razzberry (4 fl oz)	28
Slushi, Rips Strawberry Kiwi (4 fl oz)	28
Sunchips, French onion (1 oz)	27
Sunchips, harvest cheddar (1 oz)	29
Teddy grahams, choc. (1 oz)	15
Yogurt, chocolate, frozen, Cedar Crest (4 oz)	19
Yogurt, vanilla, frozen, Cedar Crest (4 oz)	16
Yogurt, chocolate, frozen, Hunter Farms (4 oz)	16
Yogurt, vanilla, frozen, Hunter Farms (4 oz)	19