



## Counting School Carbohydrates

In general, an entire breakfast, including: entrée, fruit, and milk, contains about 65 grams (g) of carbohydrates (CHO).

Generally, an entire lunch meal contains ~85 grams of carbohydrate.

*Students need ~ 250 carbohydrates daily. The National School Lunch Program must provide 1/3 of their needs, and breakfast must meet 1/4 of their daily needs.*

For ease, think in blocks of 15.

### 15 Grams of Carbohydrates (1 serving CHO)

- 1% White Milk, 8 ounce
  - (22 grams for the chocolate nonfat milk)
- Whole Fruit, 1 piece
- Freshly Chopped Fruit, 1/2 cup
- 100% Fruit Juice, 4 ounces
- Bread, 1 slice
- Breakfast Entrée with Protein (Hot entrée)

### 30 Grams of Carbohydrates (2 servings of CHO)

- Breakfast Entrée (typically a 2 bread product) (Cold entrees)
- Hamburger Bun
- Rice ~ 1/2 cup

### 45 Grams Carbohydrates (3 servings of CHO)

- Pizza
- Most lunch items

### Miscellaneous

- Salad Dressings - ~ 5 grams
- Cookies - ~18 grams

A comprehensive carbohydrate count of all items on our menu can be found @ [www.yourchew.com](http://www.yourchew.com).

## Carbohydrate Counting at Meals

1 serving of carbohydrates = ~15 g CHO

<u>Starch</u> =	1 slice bread (15g)	<u>Fruit</u> =	½ c canned fruit (15g)
	½ c cereal or beans (15g)		1 small banana or apple (15g)
	1/3 c rice or pasta (15g)		½ c juice (15g)
<u>Milk</u> =	1 cup any type (12-13g)	<u>Veggies</u> =	1 c raw vegetables (5g)
	1 c plain yogurt (15g)		½ c cooked vegetables (5 g)

