

Product	Svg size	Carb Count (g per svg)
Animal Crackers		
Beans refried, Santiago seasoned 2 oz		13
Beans, Black Bean, canned	1/2 cup	17
Beans, Green Beans	1/2 cup	5
Biscuit, 2.25 oz	1 each	31
Biscuit, buttermilk 2" (1 oz)	1 each	12
Bread Bagel Cheese	3 oz	44
Bread Bagel Onion	3 oz	44
Bread Bagel Plain	3 oz	44
Bread Bagel WW	3 oz	42
Bread Corn Bread	1 ea 2.5" sq	27
Bread English Muffin	1	26
Bread Hoagie roll	1 ea 85g	42
Bread Pocket Bread	1 ea 57g	24
Bread sliced WW	1 slice	14
Bread WW Roll	1 ea 43g	22
Bread, Hamburger Bun 4" WW	1	49
Breadsticks, Garlic	1 stix	18
Breadsticks, French	2 ea	22
Cheese cup/Jalapeno, Land O'Lakes	1	4
Cheese Mozzarella String (Land O Lakes) 1 oz	<1	
Cheese, shred, 1 oz		
Cheese, Sliced, yellow	1 slice	0
Chex, Simply Chex Strawberry Yogurt	1 pouch 34g	27
Chili, American basic vegetarian	8 oz 47 g	33
Chilled Cabbage salad	4 oz	16
Corn Cut Corn frozen	90 gr	21
Corn, Canned	1/2 cup	17
Cracker, Honey Graham	8 crackers 31g	23
Crackers, Goldfish, Pepperidge, Hot'n spicy cheddar	.75 oz 21g	14
Crackers, Goldfish, Pepperidge, Kickin Ranch	.75 oz 21g	14
Crackers, Ritz, Kraft	two-2 pk 13g	8
Crackers, Saltine, Kraft	three-2 pk, 18g	13
Crackers, Whole grn Wheat, Kellogg	2 ct pk 7g	3
Egg Patty	1	1
Garlic/Cheese Breadstick	18g	1 ct
Granola Bar, Nutra Grain, Strawberry	1 each (37g)	26
Granola Bar-PeanutButter Choc Chip	.84oz / 1 ea	19
Granola bulk (super nutty)	1/2 c (55g)	35
Gravy Trio Turkey	2 oz	6
Peas, green canned	89 gr	12
Pretzels	1 oz pkg	23
Rice Rice and Bean, Uncle Bens rice and beans	57g	41
Rice Spanish, Marrakesh	1 Cup	43
Rice Spanish, Uncle Bens	57g	43
Rice, Almondine, Uncle Bens	57g	39
Rice, Brown	47g	35
Rice, Whole Grain	3 oz	17
Salad California Pasta salad	3/4 cup	24
Salad Greek Feta Pasta Salad	1/2 cup	21

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Salad Italian Pasta Salad	1/2 cup	17
Salad Macaroni Salad	3/4 cup	28
Salad Potato salad	1/2 cup	28
Snacks, Chex, Simply Chex Chocolate Caramel	1 pouch 34g	26
Soup, Chicken Noodle	1/2 cup	7
Soup, Tomato	1/2 cup	18
Soup, Vegetable	1/2 cup	14
Stuffing Mix White bread traditional	100g	22
SunButter Trail Mix (Trail Mix Treat Peanut-free)	30g	16
Tortilla, Flour 10" WW		33
Tortilla, Flour 13"		43
Tortilla, Flour 8"		36