

<b>Canned Fruit</b>	<b>Total carbs</b>	<b>Fiber</b>	<b>Sugar</b>	
Apples, sliced, cinn sugar, 1/2 cup	12.68	0.91	10.87	
Apples, sliced, plain, 1/2 cup	8.87	0.99	6.9	
Applesauce, 1/2 cup	15.36	2.05	12.29	
Applesauce, variety (pre-packaged)	14	1	12	
Frozen Fruit Cups	17	3	15	
Fruit Cocktail, 1/2 cup	9.7	1.94	6.79	
Mandarin Oranges, 1/2 cup	20.57	0.89	19.68	
Peaches, diced, 1/2 cup	14.49	1.63	12.86	
Pears, diced, 1/2 cup	14.07	2.01	12.06	
Pearsauce, pre-packaged	15	2	12	
Pineapple, 1/2 cup	18.89	0.86	17.17	
Rips Slush	16	0	12	
Strawberries, sliced,frozen, 1/2 cup	34.79	1.83	32.05	
<b>Fresh Fruit</b>	<b>Total carbs</b>	<b>Fiber</b>	<b>Sugar</b>	
Apple, half	15	2.64	11.4	
Apple, whole	30	5.2	22.8	
Banana, whole	37.74	4.33	19.57	
Cantaloupe,1/2 cup	12.75	1.42	12.18	
Clementine's, 2each	13.13	1.9	10.22	
Grapes, 1/2 cup	15.25	0.65	13.12	
Honeydew, 1/2 cup	16.92	1.55	15.51	
Kiwi, whole	15	3.15	9	
Orange, whole	11	2.3	9	
Peach, whole	21.17	3.48	19.66	
Pear, whole	30.27	6.73	19.06	
Plum, whole	8	0.9	7	
Strawberries, 1/2 cup	6.48	1.44	4.32	
Tangerines, 3 each	33.49	4.46	25.12	
Watermelon, 1/2 cup	10.97	0.58	8.88	
<b>Juice</b>	<b>Total carbs</b>	<b>Fiber</b>	<b>Sugar</b>	
Apple	13.5	0	12.5	
Orange	13.5	0	11.5	
<b>Grain</b>	<b>Total carbs</b>	<b>Fiber</b>	<b>Sugar</b>	<b>Allergens</b>
Goldfish Crackers 1/2 cup	17.27	1.82	0	Milk, Wheat, Soy
Biscuit	22	3	2	Wheat, Milk, Soy

Breadstick	15	2	2	Wheat, Soy
Dinner Roll	26	2	4	Wheat, Soy
Hummus	8.87	1.82	0.78	Tree nut, Soy
Silly Spaghetti	8.58	1.27	1.59	Milk, Wheat, Soy
LiveWell Salad	9.5	2.47	0.66	None
Blueberry Mini Muffins	35.61	1.26	18.94	Egg, Milk, Wheat, Soy
Carnival Rice Salad	4.86	1.84	0.26	Soy
<b>Protein</b>	<b>Total carbs</b>	<b>Fiber</b>	<b>Sugar</b>	<b>Allergens</b>
Yogurt	19.07	0	15.05	Milk
Cottage Cheese	4	0	3	Milk
Chicken	1	0	0	Milk
Pepperoni	1	0	1	None
Cheese	1	0	0	Milk/Dairy
Taco Meat	0.48	0.23	0.06	None
Hard Boiled Eggs	1	0	1	Egg