

## Carbohydrate Information for Meals on Wheels Kitsap Clients

The information provided below is intended to assist you in making wise choices regarding the carbohydrate (“carb”) content of the Meals on Wheels Kitsap meals that you eat. Diabetics, especially those using insulin, should pay attention to the amount of carbs consumed at one time, and try to spread carbs fairly evenly throughout the day. For example, a diabetic who eats about 1800 calories/day might eat 50g of carbs at each of three meals, and 25g at each of three snacks.

Grams of carbohydrate per one serving of item:

Item Type	0-5g	5-10g	10-15g	15-20g	20-25g	25-30g	30-35g (+)
<b>Beef Entrees</b>	Beef Patty Corned Beef Gourmet Beef Burger (w/o bun) Gourmet Cheeseburger (w/o bun) Meatballs (plain) Swedish Meatballs Roast Beef	Beef Stew Beef Stroganoff Meatloaf Salisbury Steak Teriyaki Meatballs	Meatballs Stroganoff Sloppy Joe (no bun)	BBQ Meatballs Beef Chili	Beef Cabbage Roll	Beef Pot Pie Cold Roast Beef Sandwich on WW	Beef Enchiladas Beef Lasagna Chili Macaroni (50g) Hot Roast Beef Sandwich w/ Mashed Potatoes on Whole Wheat Hungarian Goulash Shepherd’s Pie Spaghetti with Meatsauce(53g)
<b>Chicken Entrees</b>	Baked Chicken Chicken Fajita Casserole Teriyaki Chicken	Chicken Marinara Fiesta Chicken Mardi Gras Chicken Orange Glazed Chicken	BBQ Chicken Chicken A la King Chicken Gumbo Chicken Patty or Nuggets (breaded) Honey Lemon Chicken Sweet & Sour Chicken Chicken Cordon Bleu	Chicken Divan Chicken Strips		Grilled Chicken Sandwich WW Bun	Chicken Alfredo (30 g) Chicken Carbonara (51g) Chicken Enchiladas (37g) Chicken Noodle Bake (38g) Chicken Rice Casserole (42g)

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<b>Turkey Entrees</b>	Turkey Ham Turkey Meatballs Roast Turkey		Turkey Broccoli Pie	Turkey A la King	Turkey Pot Pie Turkey Tetrazzini	Cranberry-Glazed Turkey Meatballs	Cold Turkey Sandwich on Whole Wheat Heartland Turkey Casserole Turkey Noodle Bake (39g) Turkey Rice Casserole (44g)
<b>Pork Entrees</b>	Ham Pork & Veg Stir Fry Roast Pork	Pork Adobo Pork Chow Mein Pork & Oriental Veg Stir Fry Sweet & Sour Pork	BBQ Pulled Pork BBQ Ground Pork BBQ Ribs BLT Half Sandwich Pork Chop Suey Pork Stew	Hawaiian Pork	Breakfast Casserole Ham-Potato Bake Pork Fried Rice	Cold Pork Sandwich on WW Ham & Limas Mac& Cheese w/Ham Scalloped Potatoes w/Ham	8 Bean Casserole with Ham (47g) Pork Mushroom Noodle Bake (43g) Pork Pancit (44g)
<b>Seafood Entrees</b>	Baked Whitefish Fillet Baked Fish Almandine Cajun Baked Fish Creole Fish Salmon Fillet	Fish Florentine		Breaded Fish Portion		Fish Taco	Fish Sandwich on Whole Wheat Bun (40g) Seafood Fettuccini Seafood Rice Casserole (47g) Tuna Noodle Casserole Tuna Rice Casserole (43g)

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<b>Egg, Cheese, and Vegetarian Entrees</b>				Broccoli Cheddar Quiche Quiche Lorraine	Breakfast Casserole	Mac & Cheese Veggie Lasagna	8 Bean Casserole (49g) Baked Ziti Egg Salad Sandwich on Whole Wheat Pasta Primavera (50g) Stuffed Potato (41g)
<b>Entrée Salads</b>	Chicken Salad	Beef/Chicken Taco Salad Tuna Salad Turkey Chef's Salad	Chinese Chicken Salad		Chicken Salad Pita Pocket Tuna Salad Pita Pocket	Chicken Salad Sandwich Tuna Salad Sandwich	
<b>Breads</b>		Oyster Crackers	Mixed Grain Bread Raisin Bread Whole Wheat Bread / Roll	Mixed Grain Hamburger Bun Pita Bread Rye Bread Tortilla Chips	Nine Grain Bread Tortilla Whole Wheat Hamburger Bun	Cornbread	
<b>Starches</b>			Hash Browns Hominy	Corn, Whole Mashed Potatoes Scalloped Potatoes Sweet Potato Fries Tater Tots	Barley Black Beans & Rice Creamed Corn Lentils & Rice Pilaf Noodles Pasta Primavera Quinoa Rice, Brown/White Stuffing Sweet Potatoes Veggie Fried Rice	Brown Rice Pilaf Potato Wedges Red Potatoes Roasted Potato Medley Scalloped Potatoes Spanish Rice	Baked Beans (39g) Baked Potato Half Stuffed Potatoes (41g) Wild Rice Pilaf

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<b>Vegetables</b>	Broccoli Cabbage California Veg Cauliflower Green Beans Italian Veggies Japanese Veggies Onion Oriental Veggies Scandinavian Veg Spinach Tomatoes Veggie Sticks Wax Beans Winter Mix Veg Zucchini	Bean Medley Beets Carrots Collards w/Onion Corn O'Brien Country Trio Veggies Green Bean Casserole Okra Mèlange Oriental Spinach Stewed Tomatoes Winter Squash	Club Spinach Country Trio Glazed Carrots Hominy Mexicali Veggies Mixed Veggies Peas Peas & Onions Brussels Sprouts	Black Beans-Corn-Peppers Corn, Whole Lima Beans Refried Beans Succotash	Creamed Corn Harvard Beets Sweet Potatoes		Baked Beans (39g) Stewed Tomatoes w/Macaroni
<b>Soups</b>		Beef Barley Beef Vegetable Chicken Vegetable Turkey Vegetable Vegetable	Mulligatawny	Minestrone Zesty Bean	Lentil Vegetable Pumpkin	Barley Clam Chowder Corn Chowder	Split Pea Soup

Item Type	0-5g	5-10g	10-15g	15-20g	20-25g	25-30g	30-35g (+)
<b>Fruits</b>		Berry Perfect Cantaloupe Cantaloupe- Blueberry Salad Fresh Fruit Salad Honeydew Kiwi (fresh) Mandarin Oranges Watermelon	Applesauce Sunshine Salad Grapes Mandarin Orange (fresh) Nectarine Peach/es Pineapple	Ambrosia Apricots Fruit Cocktail Orange Pears Plums Tropical Fruit Salad	Apple (fresh) Orange Poppy Seed Salad Waldorf Salad	Pear (fresh)	
<b>Juices</b>			Apple Juice Orange Juice	Grape Juice			
<b>Salads</b>	Garden Salad	Beet-Onion Broccoli Cantaloupe- Blueberry Coleslaw German Coleslaw Marinated Green Bean Marinated Vegetable Tomato Onion Tomato Zucchini	Apple Slaw Black-eyed Pea Sunshine Italian Pasta	Ambrosia Black Bean- Corn Carrot Pineapple Corn Four Bean Macaroni Pea Cheese Tropical Fruit	Carrot Date Hearty Salad Orange Poppy Seed Rainbow Pasta Waldorf	Carrot Raisin	
<b>Salad Dressings</b>	1000 Island Balsamic Vinegar Mayonnaise Ranch Buttermilk Vinaigrette	Balsamic Vinegar	FF French	FF Honey Mustard			

Item Type	0-5g	5-10g	10-15g	15-20g	20-25g	25-30g	30-35g (+)
<b>Desserts</b>	Whipped Topping	Fortune Cookie		Chocolate Chip Cookie Oatmeal Raisin Cookie Peanut Butter Cookie	Bread Pudding Brownie Ice Milk (SF) Oatmeal Fruit Bar Sherbet Sugar Cookie Yogurt with Strawberries	Coconut Pudding Oatmeal Raisin Bar Pumpkin Pie Tapioca	Gingerbread (36g) Peach Cobbler (33g) Raisin Molasses Bar (38g) Berry Shortcake (40g) Strawberry Sundae (38g)
<b>Milk</b>	Cheese Cottage Cheese		1% Milk				
<b>Miscellaneous</b>	Butter Catsup Gravies Lemon Juice Mayonnaise Mushroom Sauce Mustard Salsa Tartar Sauce Teriyaki Sauce	Cream Sauce Creole Sauce Pineapple Sauce	Barbecue Sauce Marinara Sauce Sweet&Sour Sauce	Cherry Sauce Honey Lemon Sauce Orange Sauce Raisin Sauce	Cranberry Glaze		

FF = Fat Free  
SF = Sugar Free