

Carbohydrate Information for Clients receiving weekly frozen Home-Delivered Meals

The information provided below is intended to assist you in making wise choices regarding the carbohydrate (“carb”) content of the home-delivered frozen 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 (+)
Beef Entrees	Beef Liver Beef Patty Corned Beef Gourmet Beef Burger (no bun) Meatballs Swedish Meatballs	Beef Stew Beef Stroganoff Homemade Meatloaf Salisbury Steak	Enchilada Liver & Onions Meatballs Stroganoff Sloppy Joe (no bun)	Cabbage Roll Chili	Stuffed Green Pepper	Beef Pot Pie Roast Beef Sandwich on WW	Beef Lasagna Chili Macaroni (50g) Franks & Beans Hot Roast Beef Sandwich w/ Mashed Potatoes on Whole Wheat Hungarian Goulash Shepherd’s Pie
Chicken Entrees	Baked Chicken Fajita Chicken	Fiesta Chicken Mardi Gras Chicken	Chicken A la King Chicken Gumbo Chicken Patty or Nuggets (breaded)	Chicken Divan Chicken Strips		Grilled Chicken Sandwich WW Bun	Chicken Carbonara (51g) Chicken Enchilada (47g) Chicken Noodle Bake (38g) Chicken Rice Casserole (42g)

Item Type	0-5g	5-10g	10-15g	15-20g	20-25g	25-30g	30-35g (+)
Egg, Cheese, and Vegetarian Entrees		Spinach Quiche	Broccoli Quiche Mushroom Swiss Quiche Lorraine Tomato Basil Quiche		Breakfast Casserole	Mac & Cheese	8 Bean Casserole (49g) Baked Ziti Lasagna Stuffed Potato (~45g)
Starches			Hash Browns Hominy	Corn Mashed Potatoes Scalloped Potatoes Tater Tots	Black Beans and Rice Barley Creamed Corn Lentils and Rice Pilaf Pasta Rice Stuffing Sweet Potatoes	Brown Rice Pilaf Potato Wedges Red Potatoes Spanish Rice	Baked Beans (39g) Baked Potato Half Rice Pilaf (39g) Stuffed Potatoes (~45g)

Item Type	0-5g	5-10g	10-15g	15-20g	20-25g	25-30g	30-35g (+)
Vegetables	Broccoli Cabbage California Veg Cauliflower Green Beans Italian Veggies Japanese Veggies Oriental Veggies Scandinavian Veg Spinach Tomatoes Wax Beans Zucchini	Bean Medley Beets Brussels Sprouts Carrots Collards Corn O'Brien Country Trio Veggies Jicama Oriental Spinach Stewed Tomato Winter Squash	Club Spinach Country Trio Glazed Carrots Green Bean Casserole Hominy Mexican Veggies Mixed Veggies Peas Peas & Onions	Black Beans- Corn-Pepper Corn Limas Refried Beans Succotash	Creamed Corn Harvard Beets		Baked Beans (39g)
Breads		Oyster Crackers	Mixed Grain Bread Raisin Bread White Roll Whole Wheat Bread Whole Wheat Roll	Pita Bread Half Rye Tortilla Chips	Biscuit Hamburger Bun Tortilla	Cornbread	
Juices			Apple Juice Orange Juice	Grape Juice			
Milk			1% Milk				