

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	Swedish Meatballs Gourmet Beef Burger Beef Liver Meatballs Corned Beef Beef Patty	Beef Stroganoff Beef Stew Salisbury Steak	Meatballs Stroganoff Enchilada	Cabbage Roll Chili		Beef Pot Pie	Shepherd’s Pie Hungarian Goulash Beef Lasagna
Chicken Entrees	Fajita Chicken Baked Chicken		Chicken A la King Chicken Patty	Chicken Strips Chicken Divan			Chicken Carbonara (51g) Chicken Enchilada (47g) Chicken Rice Casserole (42g) Chicken Noodle Bake (38g)
Turkey Entrees	Turkey Ham Baked Turkey		Turkey Broccoli Pie	Turkey A la King	Turkey Tetrazini Turkey Pot Pie		Turkey Rice Casserole (42g) Turkey Noodle Bake (38g) Hot Turkey Sandwich w/ Mashed Potatoes on Whole Wheat Heartland Turkey Casserole

Item Type	0-5g	5-10g	10-15g	15-20g	20-25g	25-30g	30-35g (+)
Pork Entrees	Pork & Veg Stir Fry Pork Patty Ham	Pork Loaf Sweet 7 Sour Pork Pork Chow Mein Pork & Oriental Veg Stir Fry	BBQ Pork	Hawaiian Pork	Pork & Veg Fried Rice Ham-Potato Bake Breakfast Casserole Pork Fried Rice	Mac & Cheese w/Ham Ham & Limas	8 Bean Casserole with Ham (47g) Pork Pancit (44g)
Seafood Entrees	Baked Fish	Fish Florentine	Salmon Patty	Breaded Fish Portion		Tuna Noodle Casserole	Seafood Rice Casserole (47g) Tuna Rice Casserole (43g) Seafood Fettuccini
Vegetarian Entrees		Tomato Basil Quiche Spinach Quiche	Broccoli Quiche Mushroom Quiche Quiche Lorraine			Mac & Cheese	8 Bean Casserole (49g) Stuffed Potato (~45g) Lasagna
Starches				Scalloped Potatoes Mashed Potatoes	Lentils and Rice Pilaf Sweet Potatoes Rice Pasta Barley Stuffing	Potato Wedges Brown Rice Pilaf Spanish Rice Red Potatoes Baked Beans	Rice Pilaf (39g) Baked Potato Half

Item Type	0-5g	5-10g	10-15g	15-20g	20-25g	25-30g	30-35g (+)
Vegetables	Broccoli Scandinavian Veg Cabbage Spinach Green Beans Italian Veggies Oriental Veggies Cauliflower Wax Beans California Veg Japanese Veggies	Winter Squash Stewed Tomato Oriental Spinach Brussels Sprouts Beets Carrots Bean Medley	Mexican Veggies Peas Mixed Veggies Country Trio Club Spinach	Succotash Limas Black Beans Corn	Harvard Beets	Baked Beans	
Breads			Whole Wheat Roll Raisin Bread Dinner Roll Whole Wheat Bread Mixed Grain Bread	Rye	Biscuit Hamburger Bun	Cornbread Tortilla	
Juices			Apple Juice Orange Juice	Grape Juice			
Milk			1% Milk				