

## 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	Beef Stew Beef Stroganoff Meatloaf Salisbury Steak Teriyaki Meatballs	Meatballs Stroganoff Sloppy Joe (no bun)	BBQ Meatballs Chili	Cabbage Roll Stuffed Green Pepper	Beef Pot Pie Cold Roast Beef Sandwich on WW	Beef Enchiladas Beef Lasagna Chili Macaroni (50g) Franks & Beans 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 Fajita Chicken 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 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)

<b>Item Type</b>	<b>0-5g</b>	<b>5-10g</b>	<b>10-15g</b>	<b>15-20g</b>	<b>20-25g</b>	<b>25-30g</b>	<b>30-35g (+)</b>
<b>Turkey Entrees</b>	Turkey Ham Turkey Meatballs Roast Turkey		Turkey Broccoli Pie	Turkey A la King	Turkey Pot Pie Turkey Tetrazini	Cranberry-Glazed Turkey Meatballs	Cold Turkey Sandwich on WW Heartland Turkey Casserole Hot Turkey Sandwich w/ Mashed Potatoes on WW 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 Patty (breaded) Pork Stew	Hawaiian Pork	Breakfast Casserole Ham-Potato Bake Pork & Veg 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 Almondine Cajun Baked Fish Creole Fish Salmon Fillet	Fish Florentine		Breaded Fish Portion		Fish Taco	Fish Sandwich on Whole Wheat (40g) Seafood Fettuccini Seafood Rice Casserole (47g) Tuna Noodle Casserole Tuna Rice Casserole (43g)

Item Type	0-5g	5-10g	10-15g	15-20g	20-25g	25-30g	30-35g (+)
<b>Egg, Cheese, and Vegetarian Entrees</b>			Broccoli Cheddar Quiche Four Cheese Quiche Mushroom Spinach Ham Quiche Mushroom Swiss Quiche Tomato Basil Quiche	Potato Cheddar Quiche	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	Taco Salad Tuna Salad Turkey Chef's Salad			Chicken Salad Pita Pocket Chinese Chicken Ramen Salad Tuna Salad Pita Pocket	Chicken Salad Sandwich Tuna Salad Sandwich	
<b>Breads</b>		Oyster Crackers	Mixed Grain Bread Raisin Bread Whole Wheat Bread / Roll	Biscuit 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 Scalloped Potatoes Spanish Rice	Baked Beans (39g) Baked Potato Half Rice Pilaf (39g) Stuffed Potatoes (41g) Wild Rice Pilaf

Item Type	0-5g	5-10g	10-15g	15-20g	20-25g	25-30g	30-35g (+)
<b>Vegetables</b>	Broccoli Cabbage California Veg Cauliflower Green Beans Italian Veggies Japanese Veggies Oriental Veggies Scandanavian Veg Spinach Tomatoes Wax Beans Winter Mix Veg Zucchini	Bean Medley Beets Brussels Sprouts Carrots Collards w/Onion Corn O'Brien Country Trio Veggies Green Bean Casserole Oriental Spinach Stewed Tomatoes Winter Squash	Club Spinach Country Trio Glazed Carrots Hominy Mexican Veggies Mixed Veggies Peas Peas & Onions	Black Beans-Corn-Pepper Corn, Whole Limas Refried Beans Succotash	Creamed Corn Harvard Beets		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	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 Mandarin Oranges Watermelon	Applesauce Sunshine Salad Grapes Peach (fresh) Pineapple	Ambrosia Apricots Fruit Cocktail Orange Peaches Pears Plums Tropical Fruit Salad	Apple (fresh) Orange Poppy Seed Salad Waldorf Salad	Banana 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	Four Bean Ambrosia Carrot Pineapple Corn Macaroni Pea Cheese Tropical Fruit	Carrot Date Hearty Salad Orange Poppy Seed Rainbow Pasta Waldorf	Carrot Raisin	
<b>Salad Dressings</b>	1000 Island Ranch Buttermilk	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	Butterscotch Pudding (SF) Chocolate Pudding (SF) Vanilla Pudding (SF)	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 White Cake (no icing)	Gingerbread (36g) Peach Cobbler (33g) Raisin Molasses Bar (38g) Strawberry Shortcake (40g) Strawberry Sundae (38g) Yellow Cake (no icing) (36g)
<b>Milk</b>			1% Milk				
<b>Miscellaneous</b>	Brown Gravy Mushroom Sauce Pork Gravy Turkey Gravy Cottage Cheese	Pineapple Sauce	Marinara Sauce	Cherry Sauce Raisin Sauce	Cranberry Glaze		

FF = Fat Free

SF = sugar free

WW = Whole Wheat

Meals on Wheels Kitsap  
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