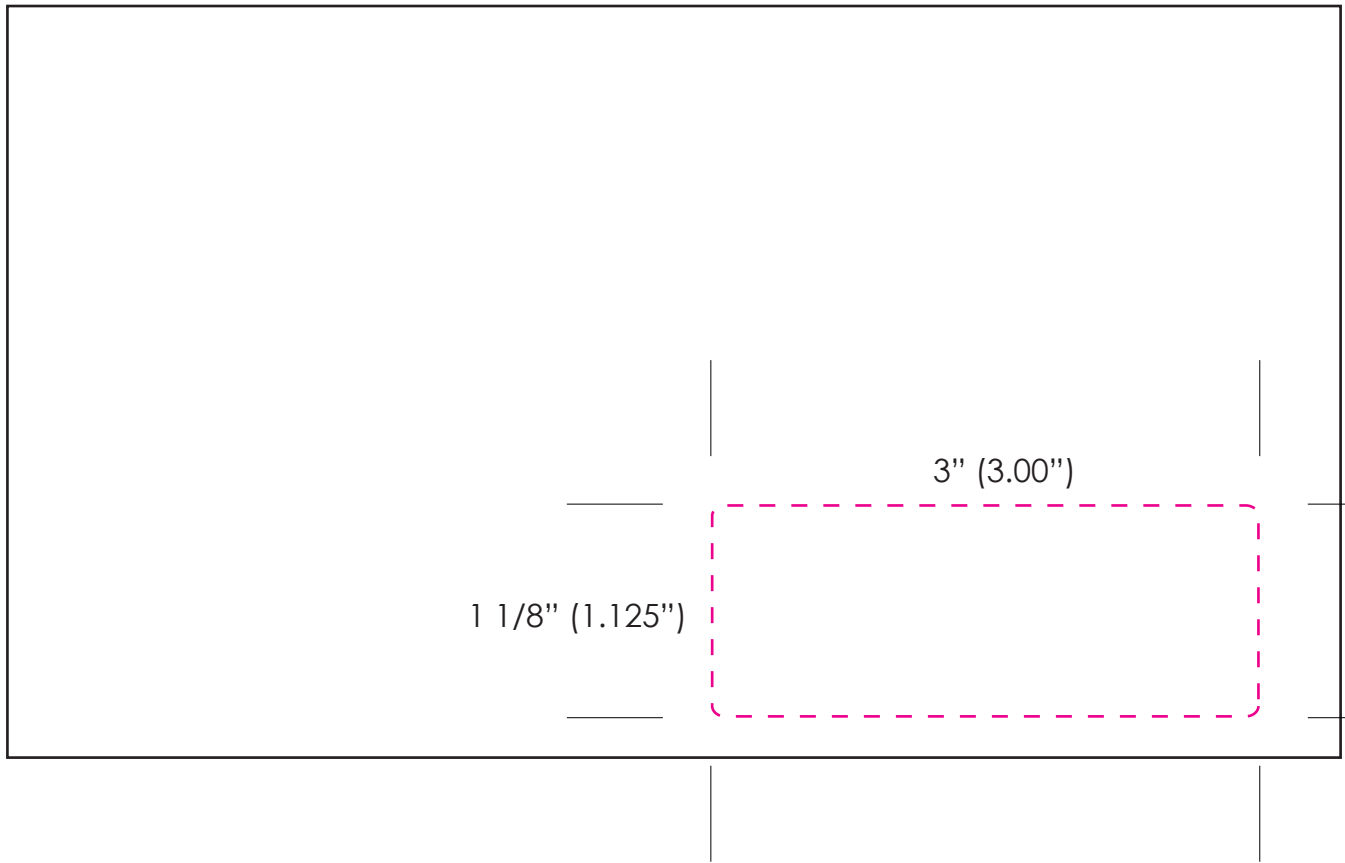


# Item: CARB

## Carbo Counter Chart Magnet



**The Carbo Counter**

FOOD	PORTION SIZE	CARB. GRAMS	CARB. LEVEL
Margarine, regular	1 Tbsp.	0	LOW
Beef, cooked, lean and fat	3 oz.	0	
Hamburger Patty, lean	3 oz.	0	
Ham, no sugar	3 oz.	0	
Sausage	1 link	0	
Chicken, roasted	1/2 breast	0	
Turkey	3 pieces	0	
Cheese, pasteurized processed	1 oz.	1	
Shrimp, boiled or broiled	2 oz.	1	
Pork, Bacon, Canadian	2 slices	1	
Celery	1 stalk	1	
Cucumber	6 slices	1	
Eggs, raw or cooked	2 eggs	2	
Lettuce	1/6 head	2	
Cauliflower	1 cup	5	
Tomato	1 tomato	5	
Popcorn, air-popped	1 cup	6	
Crackers, saltine	4 crackers	9	MID
Strawberries	1 cup	10	
Onions, raw	1 cup	12	
Bread, white	1 slice	13	
Orange	1	15	
Yogurt, plain & low fat milk	8 oz.	16	
Corn, fresh	1 ear	19	
Cereal	1 cup	22	
Banana	1 banana	27	
Hard Candy	1 oz.	28	
Sugar Cookies	4 cookies	31	
Apple	1	32	
Pudding, Vanilla	5 oz.	33	
Potato, baked	1	35	
Bagel, plain	1	38	
Soda, regular	12 oz.	41	
Rice, white	1 cup	50	
Pecan Pie	1 slice	71	

**24 HOUR FITNESS**