








## CDA FOOD CHOICES AND CARBOHYDRATE VALUES

*BEYOND THE BASICS, ©2005*

	<b>Food Group</b>	<b>Carb</b>	<b>Protein</b>	<b>Fat</b>	<b>Calories</b>
	Grains & Starches	15 g	2 g	—	68
	Fruits	15 g	1 g	—	64
	Milk & Alternatives:				
	skim	15 g	8 g	0 g	92
	1%	15 g	8 g	2 g	110
	2%	15 g	8 g	4 g	128
	whole	15 g	8 g	8 g	155
	Other choices	15 g	variable		variable
	Vegetables	most are free			very few
	Meat & Alternatives	—	7 g	5 g	73
	Fats	—	—	5 g	45
	Extras	5 g max	—	—	20 max