

Food Item	Serving Size	Calories	Carbs	Good to Eat	In Between	Avoid
Broccoli	1 cup, chopped	55	11g	✓		
Cauliflower	1 cup, chopped	25	5g	✓		
Spinach	1 cup, raw	7	1g	✓		
Kale	1 cup, chopped	33	7g	✓		
Zucchini	1 cup, sliced	19	4g	✓		
Berries	1 cup (strawberries)	50	12g		✓	
Quinoa	1 cup, cooked	222	39g		✓	
Sweet Potatoes	1 medium	103	24g		✓	
Apples	1 medium	95	25g		✓	
Bananas	1 medium	105	27g		✓	
Whole Wheat Bread	1 slice	69	14g		✓	
Brown Rice	1 cup, cooked	218	45g		✓	
Oatmeal	1 cup, cooked	154	27g		✓	
Pasta	1 cup, cooked	221	43g			✓
White Bread	1 slice	79	14g			✓
White Rice	1 cup, cooked	205	45g			✓
Potatoes	1 medium	163	37g			✓
Sugary Cereals	1 cup	150-200	30-40g			✓
Soft Drinks	1 can (12 oz)	150	39g			✓
Cookies	2 medium	140	20g			✓
Candy Bars	1 bar	250	35g			✓
French Fries	Medium serving	365	48g			