



UNFAVORABLE CARBS

1 BLOCK PORTIONS

Grains/Breads	Amount	Condiments	Amount	Vegetables	Amount
bagel	0.25ea	BBQ sauce	2 tbsp	acorn squash	0.375 cup
barley	1 tbsp	ketchup	2 tbsp	baked beans	0.125 cup
biscuit	0.25 ea	cocktail sauce	2 tbsp	beets	0.5 cup
baked potato	0.33 cup	honey	0.5 tbsp	butternut squash	0.33 cup
bread crumbs	0.5 oz	jelly/jam	2 tsp	cooked carrots	0.5 cup
bread	0.5 slice	plum sauce	1.5 tbsp	french fries	5 ea
bread stick	1 ea	molasses	2 tsp	lima beans	0.25 cup
buckwheat	0.5 oz	relish	4 tsp	peas	0.33 cup
bulgur wheat	0.5 oz	steak sauce	2 tbsp	pinto beans	0.25 cup
cereal	0.5 oz	brown sugar	1.5 tsp	potato, boiled	0.33 cup
corn bread	1 sq in	granulated sugar	2 tsp	potato, mashed	0.2 cup
cornstarch	4 tsp	confectioners sugar	1 tbsp	refried beans	0.25 cup
croissant	0.25 ea	maple syrup	2 tsp	s. potato, baked	0.33 (5 in)
crouton	0.2 oz	teriyaki sauce	1.5 tbsp	s. potato, mashed	0.2 cup
donut	0.25 ea	Alcohol	Amount	Fruit	Amount
english muffin	0.25 ea	beer	8 oz	banana	0.33 (9in)
flour	1.5 tsp	liquor	1 oz	cranberries	0.25 cup
granola	0.5 oz	wine	4 oz	cranberry sauce	4 tsp
grits	0.33 cup	Snacks	Amount	dates	2 ea
muffins	0.25 ea	chocolate bar	0.5 oz	figs	0.75 ea
noodles	0.25 cup	corn chips	0.5 oz	guava	0.5 cup
instant oatmeal	0.5 pkt	graham cracker	1.5 ea	kumquat	3 ea
pasta, cooked	0.25 cup	ice cream	0.25 cup	mango	0.33 cup
pancake	0.5 (4 in)	potato chips	0.5 cup	papaya	0.66 cup
pita bread	0.25 ea	pretzels	0.5 oz	prunes	2 ea
popcorn	2 cup	tortilla chips	0.5 oz	raisins	1 tbsp
rice	3 tbsp	saltine crackers	4 ea	Fruit Juice	Amount
rice cakes	1 ea			apple juice	0.33 cup
roll (ham/hotdog)	0.25 ea			cranberry juice	0.25 cup
taco shell	1 ea			fruit punch	0.25 cup
tortilla (corn)	1 (6 in)			grape juice	0.25 cup
tortilla (flour)	0.5 (6 in)			grapefruit juice	0.375 cup
waffle	0.5 ea			lemon juice	0.33 cup
				orange juice	0.375 cup
				pineapple juice	0.25 cup
				tomato juice	0.75 cup

Go Heavy. Run Fast!