

Choose Healthy Carbohydrates

Enjoy often

	serving size	calories
Most Vegetables:	1 cup, cooked	40-60
Apple	1 medium	80-100
Banana	1 average	90
Cherries	15 cherries	85
Grapefruit	1/2 fruit	40
Kiwi	1 large	50-60
Mango	1/2 fruit	80
Orange	1 large	85
Peach	1 large	60-70
Plums	2 small	60
Strawberries	1/2 cup	40-50
Tomato Juice	1 cup	40-50
Apricots	2 whole	50-60
Orange Juice	1/2 cup	50-60
Papaya	1/2 large	75
Pineapple	1/2 cup	75
Pumpkin	1 cup	70-80
Shredded wheat	1 cup	110-140
Toasted oats	1 cup	120
Watermelon	1 cup	50

Eat occasionally

	serving size	calories
Apple juice	1 cup	150
Grapefruit juice	1/2 cup	50
Pear	1 medium	100
Peas	1 cup	140-150
Pineapple juice	1 cup	140-150
Whole grain bread	1 slice	80-100
Barley	1 cup cooked	207
Black beans	1/2 cup	120 - 150
Grapes	1 cup	100-120
Kidney Beans	1 cup cooked	200-230
Lentils	1/2 cup	90 - 120
Soy Beans	1/2 cup cooked	150-160
Cranberry juice	1/2 cup	60-80
Oatmeal	1 cup	130



Reach for infrequently

	servicing size	calories		servicing size	calories
Cashews	1/2 cup	400-500	Corn chips	6g	300-350
Ice Cream	1 cup	300-400	Corn Flakes	1 cup	100
Low fat Ice Cream	1 cup	250-300	Croissant	1 average	270-300
Peanuts	1/2 cup	400-500	French Fries	1 large order	515
Popcorn full fat	2 cups	120-150	Pizza	1 large slice	300
Crisps	57g	300-350	Raisins	1/2 cup	270-300
Whole milk	1 cup	150-160	Waffles	1 average	150
Vanilla pudding	1 cup	200-270	White bread	1 slice	150-180
Fruit Yogurt	1 cup	200-250	White rice	1/2 cup	150
Soy Yogurt	1 cup	200-220	Cream	100g	50-70
Baked potato	1 small	220	Mayonnaise	10g	70-80
Brown rice	1/2 cup	120	Meat high fat	100g	215
Corn	1 ear	75	Butter/margarine	1 tbsp	36

Remember a cup is a container that holds 250ml of water! Use your Herbalife Shaker #8151 to measure portion size.