

Fruit and Milk Choices

Fruit (1 choice = 15 grams of carbohydrate and 60 calories)

Apple, small	1	Mandarin oranges	¾ cup
Applesauce, unsweet	½ cup	Mango, small	½ cup
Apples, dried	4 rings	Nectarine, small	1
Apricots, fresh	4 whole	Orange, small	1
Apricots, dried	8 halves	Papaya	½ fruit (1 cup)
Banana, small	1 (4 onzas)	Peach	1
Blackberries	¾ cup	Pear, large	½
Cantaloupe	⅓ melon (1 cup cubes)	Pineapple, fresh	¾ cup
Cherries, fresh	12	Pineapple, canned	½ cup
Dates	3	Plums, small	2
Figs, fresh	1½ large	Prunes	3
Figs, dried	1½	Raisins	2 Tbsp.
Fruit cocktail	½ cup	Raspberries	1 cup
Grapefruit, section, can	¾ cup	Strawberries	1¼ cup
Grapefruit, large	½	Tangerines, small	2
Grapes: small	15-18	Watermelon	1 slice (1¼ cup cubes)
large	7-9	Honeydew melon	1 cup cubes
Kiwi	1 (3.5 onzas)		



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Milk (1 choice = 12-15 grams of carbohydrate and 90-150 calories)

Fat Free and Low Fat Milk

Skim	1 cup
1%	1 cup
Soy, fat free	1 cup
Soy, reduced fat	1 cup
Buttermilk, fat free	1 cup
Evaporated skim milk	½ cup
Yogurt, fat-free	6 onzas
<i>(Flavored with non-nutritive sweetener)</i>	
Yogurt, plain, fat-free	6 onzas

Reduced Fat Milk

2%	1 cup
Soy	1 cup
Yogurt, plain, low-fat	6 onzas

Whole Milk

Whole Milk	1 cup
Evaporated whole milk	½ cup
Goat's milk	1 cup
Yogurt, plain	8 onzas
<i>(Made from whole milk)</i>	



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