

all amounts are volume, not weight

Grant's Favorite Foods

STARCH	STARCH	FRUIT	VEGETABLES	FREE
Capt Crunch = 3.83 g/oz.	15 Teddy Grahams = 1	1 slice pineapple = 1/2	12 OreIda FF Fries = 1/2	2 PEZ
Fruit Loops = 3.5 g per oz.	8 Ritz = 1	1/4 Banana = 1/2	1/2 C. Green Beans = 1/4	1 SF Popsicle = 3 g
Cheerios = 2.5 g/oz.	6 Color Vanilla Wafers = 1	1 Apple = 1	1/8 C. Peas = 1/4	SF Jello
Cocoa Krispies = 4.5 g/oz.	10 Animal Cookies = 1	1/4 C. Peaches = 1/2	1 Small Baked Potato = 1	Cheese
Alphabits = 3.375 g/oz.	8 Saltines = 1	1/4 C. Apple Juice = 1/2	3 oz. Hash Browns = 1/2	Pickles
Gal Capt C = 2.875 g/oz.	12 Mini Pretzel Twists = 1	1/2 Nectarine = 1/2	1/2 C. Carrots = 1/4	Black Olives
1 Eggo Waffle = 1	22 Pretzel Sticks = 1	1/2 C. Strawberries = 1/2	1/2 C. Mash Potato = 1	Meat
1/4 C. Mac & Cheese = 3/4	1/4 C. Chex Mix = 1/2	1 Box Raisins = 3/4	1/4 C. Refried Beans = 1/2	Eggs
1/4 C. Rice or Pasta = 3/4	1/2 C. SF Pudding = 1	1 small Plum = 1/2	14 Mini Tater Tots = 1	Lettuce
3 oz. Tomato Soup = 1/2	10 Lays Chips = 1/2	1/4 C. Mandarin OJ = 2/3	12 Gold Crinkle Fries = 1	1 stick Extra gum
1 Bagel Bite Pizza = 6 g	3 Graham Squares = 1	1/4 C. Pineapple = 1/2	15 Pixie Crinkle Fries = 1	DESSERTS
1/4 Bagel = 3/4	8 Waverly Crackers = 1	1/4 C. Applesauce = 1/2	6 Tater Tots = 1	1 Ses St. Cooky = 1/4
1/3 C. Stuffing = 1	15 Cheese Puffs = 1/2	2/3 C. Watermelon = 1/2	1/4 C. PorkNBean = 3/4	12 Maltballs = 1/2
1 Tbsp. Peanutbutter = 1/4	13 Lite Pringles = 1	1 small Orange = 1	1/4 C. White Corn = 1/2	1 Licorice = 1/2
1/8 C. Pancake Mix = 1/2	10 Nacho Doritos = 1	17 small Grapes = 1	1/8 C. Pinyitos beans = 5 g	1 Smartie Lg = 1/2
1 Toaster Strud = 26 g	10 Cheetos = 1/2	1/3 C. Reg. Jello = 1	10 Golden Fries = 1	1 Nerd Box = 9 g.
1 Taquito = 9 g	14 Twigs = 1	1/8 C Blueberries = 1/4	1/4 Corn Cob = 1/4	3 pkg. Sweettarts = 1/2
1/2 C. Flour = 40 g = 2 2/3	13 Chick n' Bisket = 1	1/2 Grapefruit = 1		12 M&M plain = 1/2
1 Taco Shell = 1/3 (6 g)	26 Cheezit = 1		OTHER	1 Gummy Bear = 1.5 g
1 Taco+1/8 beans+ket = 3/4	5 Tostitos Chips = 1	DRINKS	2 Tbsp SF Syrup = 4 g	1 SF Bomb Pop = 1/2
5 oz Chick Stars/O's = 1/2	11 sm Tostitos = 1/2	Milk = 1.875 g/oz	1 Tbsp BBQ Sauce = 1/4	1 Hydrox Cookie = 1/2
1 HyVee B. Muffin = 31 g	1 Apple Newton = 3/4	1 C. Milk = 1	1 Tbsp 1000 Island = 1/4	1 Reg Popsicle = 11g
1/10 Froz Pizza = 1	1 Granola Bar = 20 - 22 g	Sprite = 3.25 g/oz	1 Tbsp Ketchup = 1/4	1 lg Candy Cane = 14 g
12 VDK Shrimp = 1	1 C. Popcorn = 5 g	Reg CranApp = 5.125 g/oz	2 Packages Ketchup = 1/4	5 Fros Anim Cooky = 1
1 Ravioli w/sauce = 3 g	1/4 C. Goldfish = 1/2	SF CranGrp = 1.125 g/oz	1 tsp. Sugar = 1/4 (4 g.)	1 Sugar Wafer = 4 g
1 Slice Bread = 3/4	30 CF Oyster Crack = 1/2	1 Pkg Hot Choc = 4 g	1 C. SF Yogurt = 1	1 SF Fudgesicle = 1/2
1 White Roll = 17 g	10 Better Cheddars = 1/2	OJ = 3.375 g/oz	1 tsp Hershey Syrup = 1/4	1 Lemon Cooler = 1/4
Panera Sourd. Roll = 23 g	1 VDK Perch = 10 g	2+ oz. OJ = 1/2	1 Tbsp SnoCon Syr = 3/4	1 lg Marshmallow = 6 g.
1/8 C. Chow Nood = 1/4	1/8 C. Croutons = 1/4			6 Brach Jelly Bean = 1