Carbohydrate Assessment Tool

**Instructions:**

1. Circle foods with carbohydrate.
2. Add a question mark if you are not sure.
   - Oats
   - Skim milk
   - Whole milk
   - Avocado
   - Salmon
   - Corn tortilla
   - Flour tortilla
   - Kale
   - Cauliflower
   - Orange
   - Grapefruit
   - Plain Greek yogurt
   - Whole wheat bread
   - Chickpeas
   - Walnuts