

Milk and Yogurt

Item	Serving Size	Carbs
Milk (non-fat, 1%, 2%, whole)	1 cup	15
Chocolate milk	1 cup	26
Strawberry milk	1 cup	26
Milkshake (McDonalds)	1 cup	70
Evaporated Milk	1 cup	30
Yogurt (Plain nonfat)	1 cup	30
Yogurt (Plain greek)	1 cup	16
Yogurt (sugar-free, fruit flavored)	1 cup	40