

Sweets, Desserts, and Other Carbs

Each portion = 15 g carbs

Beverages	Serving Size or Portion
Cranberry juice cocktail	½ cup
Energy drink	½ can (4 oz)
Fruit drink or lemonade	½ cup (4 oz)
Soft drink (Soda)	½ cup (4 oz)
Sports Drink	1 cup (8 oz)
Sweets & Desserts	
Small unfrosted brownie	1 oz
Angel food cake	½ oz
Frosted cake	1 oz
Unfrosted cake	1.5 oz
Chocolate chip cookie (small 2 ¼ in. across)	2 cookies
Gingersnap	3 cookies
Sandwich, crème filled cookie	2 small cookies
Vanilla wafer	5 cookies
Frosted cupcake (small about 1 ¾ oz)	½ cupcake
Fruit cobbler	1 oz
Fruit pie (top and bottom crust)	1/3 slice (8" pie cut into 6 slices)
Pumpkin/custard pie	1/8 of 8 inch pie
Banana nut bread	½ inch slice (1/2 oz)
Cake doughnut, plain	1 small (1 oz)
Yeast doughnut, glazed	½ one (1 oz)
Muffin (4 oz)	¼ muffin
Sweet roll or Danish (2 ½ oz Danish)	½ Danish
Pudding regular	¼ cup
Candy bar chocolate peanut	2 fun size bars (1 oz)
Hard candy	3 pieces
Chocolate kisses	5 pieces
Fruit roll snack	1 roll
Fruit spread 100% fruit	1 ½ Tbsp
Honey	1 Tbsp
Jam or jelly (regular)	1 Tbsp
Sugar	1 Tbsp
Chocolate Syrup	1 Tbsp
Maple Syrup	1 Tbsp
Condiments	
Barbeque sauce	3 Tbsp

Cream based Salad Dressing, low fat	3 Tbsp
Sweet and sour sauce	3 Tbsp
Frozen Desserts	
Frozen popsicle	1 = ½ carb = 7.5 carbs
Fruit juice bars 100% juice	1 bar (3 oz) = 1 carb
Ice cream regular, light and no sugar added	½ cup
Ice cream fat-free	1/3 cup
Sherbet/sorbet	¼ cup
Frozen yogurt, fat-free	1/3 cup
Frozen yogurt, regular	½ cup

*****ALWAYS CHECK LABELS**