

Sweet Choices

1 Carb = 15 grams or carbohydrate and 1 starch, or 1 fruit, or 1 milk

Food	Serving Size	Exchanges per Serving
Angel food cake, unfrosted	1/12th cake (about 2 oz.)	2 carbohydrates
Brownie, small, unfrosted	2 in square (about 1 oz.)	1 carbohydrate, 1 fat
Cake, unfrosted	2 in square (about 1 oz.)	1 carbohydrate, 1 fat
Cake, frosted	2 in square (about 2 oz.)	2 carbohydrates, 1 fat
Cookie or sandwich cookie w/ cream filling	2 small (about 2/3 oz.)	1 carbohydrate, 1 fat
Cookies, sugar-free	3 small or 1 large (¾-1 oz.)	1 carbohydrate, 1-2 fats
Cranberry sauce, jellied	¼ cup	1½ carbohydrates
Cupcake, frosted	1 small (about 2 oz.)	2 carbohydrates, 1 fats
Doughnut, plain cake	1 medium (1½ oz.)	1½ carbohydrates, 2 fats
Doughnut, glazed	3¾ in across (2 oz.)	2 carbohydrates, 2 fats
Fruit cobbler	½ cup (3½ oz.)	3 carbohydrates, 1 fat
Fruit juice bars, frozen, 100% juice	1 bar (3 oz.)	1 carbohydrate
Fruit snacks, chewy (pureed fruit concentrate)	1 roll (¾ oz.)	1 carbohydrate
Fruit spreads, 100% fruit	1 ½ Tbsp.	1 carbohydrate
Gelatin, regular	½ cup	1 carbohydrate
Gingersnaps	3	1 carbohydrate
Granola or snack bar, regular or low-fat	1 bar (1 oz.)	1½ carbohydrates
Honey	1 Tbsp.	1 carbohydrate
Ice cream	½ cup	1 carbohydrate, 2 fats
Ice cream, light	½ cup	1 carbohydrate, 1 fat
Ice cream, low-fat	½ cup	1½ carbohydrates
Ice cream, fat-free, no sugar added	½ cup	1 carbohydrate
Jam or jelly, regular	1 Tbsp.	1 carbohydrate
Milk, chocolate, whole	1 cup	2 carbohydrates, 1 fat
Pie, fruit, 2 crusts	1/6 of 8-in. commercially prepared pie	3 carbohydrates, 2 fats

This information was created and reviewed through a partnership with the UAMS Patient and Family Advisory Councils and the UAMS Center for Health Literacy.

Sweet Choices, continued

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Food	Serving Size	Exchanges per Serving
Pie, pumpkin or custard	1/8 of 8-in. commercially prepared pie	2 carbohydrates, 2 fats
Pudding, regular (made with reduced-fat milk)	½ cup	2 carbohydrates
Pudding, sugar-free or sugar-free and fat-free (made w/ fat-free milk)	½ cup	1 carbohydrate
Reduced-calorie meal replacement (shake)	1 can (10-11 oz.)	1½ carbohydrates, 0-1 fat
Rice milk, low-fat or fat-free, plain	1 cup	1 carbohydrate
Rice milk, low-fat, flavored	1 cup	1½ carbohydrates
Salad dressing, fat-free	¼ cup	1 carbohydrate
Sherbet, sorbet	½ cup	2 carbohydrates
Spaghetti sauce or pasta sauce, canned	½ cup	1 carbohydrate, 1 fat
Sports drinks	8 oz (1 cup)	1 carbohydrate
Sugar	1 Tbsp.	1 carbohydrate
Sweet roll or Danish	1 (2½ oz.)	2½ carbohydrates
Syrup, light	2 Tbsp.	1 carbohydrate
Syrup, regular	1 Tbsp.	1 carbohydrate
Vanilla wafers	5	1 carbohydrate, 1 fat
Yogurt, frozen	½ cup	1 carbohydrate, 0-1 fat
Yogurt, frozen, fat-free	1/3 cup	1 carbohydrate
Yogurt, low-fat w/ fruit	1 cup	3 carbohydrates, 0-1 fat

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