
SWEETS AND DESSERTS

Most sweets and desserts contain more than 15 grams of carbohydrate per usual serving. Because they are often high in fat and calories as well as carbohydrate, they should be eaten in moderation.

FOOD	SERVING SIZE	CARBOHYDRATE (g)	GLYCEMIC LOAD
Oatmeal cookie	1 medium	15	8
Ice cream	½ cup	15	9
Chocolate bar	1.5 ounces	26	13
Pudding	½ cup	30	13
Angel food cake	½ cake	30	20
Jelly beans	10 large/1 ounce	26	21
Banana bread	1 3-ounce slice	46	22
Doughnut	1	30	23

Diabetes Self-Management, “Carbohydrate Counting, Glycemic Index, and Glycemic Load” by Jacque Craig, MS, RD, LD, CDE

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