

SUGAR CONTENT OF SOME HIGH-CARBOHYDRATE FOODS

Food Item	Portion Size	Sugar Content in Teaspoons*	# "Carb Choices"
Beverages			
Cola Drinks	12 oz	10	3
Rootbeer	12 oz	7	2
Grape, Orange, or Apple Juice	6 oz	5	1 1/2
Dairy Products			
Sherbet	1 scoop	9	3
Ice Cream Cone	1 scoop	3 1/2	1
Chocolate Milk Shake	10 oz glass	11	4
Milk	8 oz glass	4	1
Chocolate Milk	8 oz glass	9 1/2	3
Fruit Yogurt	8 oz cup	9	3
Cake and Cookies			
Angel Food Cake	4 oz piece	7	2
Chocolate Cake, Plain	4 oz piece	6	2
Chocolate Cake, w/ Frosting	4 oz piece	10	3
Cupcake, w/ Frosting	1	6	2
Brownies, No Frosting	1 oz piece	3	1
Sugar Cookie	1	1 1/2	1/2
Oatmeal Cookie	1	2	1
Donut, Plain	1	3	1
Donut, Glazed	1	6	2
Desserts			
JELL-O	1/2 cup	4 1/2	1 1/2
Pastry	4 oz piece	4	1
Apple Pie	1 slice	7	2
Berry Pie	1 slice	10	3
Chocolate Pudding	1/2 cup	4	1
Candies			
Chocolate Candy Bar	1 1/2 oz	2 1/2	1
Chewing Gum	1 stick	1/2	-
Hard Candy	4 oz	20	7
LIFE SAVERS	1	1/2	-
Marshmallow	1 piece	1 1/2	1/2
Chocolate Creme	1 piece	2	1
Miscellaneous			
Jelly	1 tbsp	4 to 6	2
Strawberry Jam	1 tbsp	4	1
Brown Sugar	1 tbsp	3	1
Honey	1 tbsp	3	1
Chocolate Sauce	1 tbsp	3	1
Karo Syrup	1 tbsp	3	1

*3 tsp = 1 Tbsp = 1 "carb choice" = 15 grams of carbohydrate