

Sweets and Treats

Item	Serving Size	Carbs
Peanut butter or cheese sandwich crackers	1 pack (6 sandwiches)	30
Graham crackers	2 sheets (4 squares)	24
Popcorn	3 cups	15
Caramel corn	3 cups	
Pretzels	11 pretzels	23
Yogurt-covered pretzels	7 pretzels	24
Chocolate-covered pretzels	7 pretzels	26
Cookies – Chocolate Chip (store bought)	2 cookies	15
Cookies – Iced (Bakery)	1 cookie	30
Rice cakes	1 rice cake	8
Potato chips	15-20 chips	15
Tortilla chips	15-20 chips	15
Animal crackers	8-10	15
Cheese puffs	13 puffs	15
Granola bar (plain)	1 bar	29
Muffin	1 small	15
Muffin	1 large	45
Toaster pastries	1 pastry	35
Donut	1 donut	30
Cupcake - iced	1 medium	30
Cake	2” x 2”	20
Popsicles (regular, fruit)	1 popsicle	10
Popsicles (sugar-free)	1 popsicle	4
Candy Bar (ex. Snickers, Reese’s, Kit Kat)	1 package	26
Ice-Cream (vanilla)	1 cup	17