

## Carbohydrate Snacks

<u>Food</u>	<u>Amount of Serving</u>	<u>Carbohydrate (grams)</u>
Bagel	1 / 2	14
Crackers		
Graham	2	14
Saltines	6	14
Triscuits	4	13
Pretzels	6	14
Yogurt (plain)	1 cup	16
Apple	1 medium	22
Grapes	22 medium	16
Fruit Juice	1 / 2 cup	15
Plain Instant Oatmeal	3 / 4 cup	18
Cheerios (dry)	1 cup	15
Cheerios with Milk	1 / 2 cup 1 / 2 cup	14
Cottage Cheese with Pretzels	1 cup 4	14
Air Popped Popcorn	3 cups	18
Rice Cakes	2	14
Rice Cakes w/ Milk	1 1 / 2 cup	14

