

**The Johns Hopkins Patient Guide to Diabetes:
Snacks with about 15 grams of carbs
(Great to treat hypoglycemia!)**

Glucose tabs/gels

Available at most pharmacies
-Follow package instructions

Fruits

Apple, small
Banana, ½ of a medium-sized
Cherries, 12 fresh
Grapes, 15-17
Kiwi, 1
Orange, 1 small
Pear, ½ fresh
Peach, medium
Pineapple, ¾ cup fresh
Raisins, ½ small box
Raspberries, 1 cup
Strawberries, 10-15 medium-sized
Watermelon, 1" slice
Canned fruit, ½ cup (drained)

Vegetables/beans/nuts:

Beans (cooked black, kidney, etc), ½ cup
Baked beans, 1/3 cup
Corn, ½ cup
Mixed vegetables, ¾-1 cup
Potato, 1 small baked
Potato, ½ cup mashed

Drinks:

Milk (ideally skim or 1%), 8 oz.
Apple/Orange juice, 4 oz.
Regular soda, 5-6oz (½ can)

Grains:

Bread, 1 slice whole grain
Cereal, ½ cup dry
English muffin, ½
Hot dog/hamburger bun, ½
Pasta, ½ cup
Roll, small
Waffle, 5" square

Sweets/Starchy snacks:

Crackers, 6
Most hard candies (butterscotch, peppermint)
2-3 pieces
Pretzels, 10 mini hard
Sandwich crackers (filled), 3-4
Tortilla chips, 5-7 restaurant-style chips

Note: These are estimates of typical carbohydrate content – please see nutrition label on food packages for the most accurate information