

# DIABETIC SNACK SERVING CHART

Target: ~15g Carbohydrates per Serving Date: \_\_\_\_\_

Food Item	Serving Size	Carbs (Est.)
<b>Fruits &amp; Vegetables</b>		
Apple (Small)	1 small (4 oz)	15g
Berries (Raspberries/Blackberries)	1 cup	15g
Baby Carrots	1 cup (approx. 10)	8-10g
<b>Grains &amp; Starches</b>		
Popcorn (Air-popped)	3 cups	15g
Whole Grain Crackers	5 - 6 crackers	15g
Rice Cakes (Large)	2 cakes	14g
<b>Proteins &amp; Dairy</b>		
Greek Yogurt (Plain, Low-fat)	3/4 cup (6 oz)	6-8g
Almonds (Dry Roasted)	1/4 cup (approx. 23)	6g
Cottage Cheese (2%)	1/2 cup	4-6g
Hummus	1/3 cup	12-15g

**Note:** Always check nutrition labels for exact values. Serving sizes may vary by brand. Consult with a healthcare professional for personalized dietary targets.