

Snacks are an important method to keep your student's blood sugar steady throughout the day. The rules for snacking for a child with diabetes are no different than any other child. Healthier snacks are the best options, but treats are allowed. Work with the parent to find the best way to handle classroom parties and special treats. Your student should never feel left out because they "are not allowed" to have a certain snack.

Daily Snacks



Below are the carbohydrate counts for some common daily snacks, as well as some suggestions for snacks to treat a LOW.

Snack	Serving Size	Carb Count
Animal Crackers	8 pieces	15
Apple	1 medium	25
Applesauce	½ c	25
Banana	1 medium	30
Cinnamon applesauce	½ c	30
Doritos	1 oz bag (11 chips)	17
Goldfish Crackers	45 pieces	15
Graham Crackers	3 squares	15
Grapes	Approx.. 17	15
Mandarin Oranges	½ c	20
Milk	1 c, white	15
Mini-Ritz Sandwich Crackers	10 crackers	15
Pineapple	½ c	20
Pop Tart	1	35
Popcorn	3 c	15
Raisins	2 T	15
Rice Crispy Treat	1 bar (22 g)	17
Teddy Graham	17 crackers	15
Vanilla Wafers	5	15
Watermelon	½ c	15



Popular Party Snacks



Snack	Serving Size	Carb Count
Air Heads	1 mini bar	11
Chocolate Chip Cookie	1 cookie (1.6 oz)	30
Cupcake with frosting	2.5 oz.	34
Donut, glazed	1.7 oz	21
Dum Dum Sucker	1 sucker	7
Gummy Bears	11 pieces	30
Hershey's Miniatures	1 miniature bar	5
Jolly Rancher	3 piece hard candy	17

Laffy Taffy	1 piece	6
Loft House Frosted Sugar Cookie	1 cookie	25
Oreos	4 cookies	25
Pixie Stick	1 stick	2
Pizza, cheese or pepperoni	1/8 14" pizza	32
Reese Cup	1 piece	15
Ring Pop	1 piece	14
Skittles	1 Mini Pack	18
Smarties	1 roll	7
Sour Patch Kids	1 package (17 g)	16
Starburst	4 pieces	16
Sugar cookie	1.6 oz.	28
Sweet Tarts	5 packs of 3 candies	13



For more information about carbohydrate counting, we suggest www.carlorieking.com.

There is even an app available for your Apple® products.