

Variedades de Dulces

1 carbohidrato = 15 gramos o carbohidrato y 1 almidón, o 1 fruta o 1 leche

Comida	Porción	Intercambios por Porción
Pastel esponjoso, sin glasear	1/12 pedazo del pastel (aprox 2 oz.)	2 carbohidratos
Brownie, pequeño, sin glasear	2 pulgadas cuadradas (aprox 1 oz.)	1 carbohidrato, 1 grasa
Pastel, sin glasear	2 pulgadas cuadradas (aprox 1 oz.)	1 carbohidrato, 1 grasa
Pastel, glaseado	2 pulgadas cuadradas (aprox 1 oz.)	2 carbohidratos, 1 grasa
Galleta o sándwich de galleta con relleno de crema	2 pequeñas (aprox 2/3 oz.)	1 carbohidrato, 1 grasa
Galletas, sin azúcar	3 pequeñas o 1 grande (3/4-1 oz.)	1 carbohidrato, 1-2 grasa
Salsa de arándano, en jalea	1/4 taza	1 1/2 carbohidratos
Magdalena, glaseada	1 pequeña (aprox 2 oz.)	2 carbohidratos, 1 grasa
Donut, pastel simple	1 mediana (1 1/2 oz.)	1 1/2 carbohidratos, 2 grasas
Donut, glaseada	3 3/4 pulgadas (2 oz.)	2 carbohidratos, 2 grasas
Tarta de fruta	1/2 taza (3 1/2 oz.)	3 carbohidratos, 1 grasa
Barras de jugo de fruta, congeladas, 100% jugo	1 barra (3 oz.)	1 carbohidrato
Gomitas de fruta (puré de concentrado de frutas)	1 hoja (3/4 oz.)	1 carbohidrato
Bandeja de frutas, 100% fruta	1 1/2 cucharada	1 carbohidrato
Gelatina, regular	1/2 taza	1 carbohidrato
Galleta de jengibre	3	1 carbohidrato
Barra de granola o bocadillos, regular o baja en grasa	1 barra (1 oz.)	1 1/2 carbohidratos
Miel	1 cucharada	1 carbohidrato
Helado	1/2 taza	1 carbohidrato, 2 grasas
Helado, ligero	1/2 taza	1 carbohidrato, 1 grasa
Helado, baja en grasa	1/2 taza	1 1/2 carbohidratos
Helado, descremado, sin azúcar añadida	1/2 taza	1 carbohidrato
Jalea o mermelada, regular	1 cucharada	1 carbohidrato
Leche con chocolate, entera	1 taza	2 carbohidratos, 1 grasa
Tarta de fruta con doble masa	1/6 de tarta de 8 pulgadas preparada comercialmente	3 carbohidratos, 2 grasas

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Variedades de Dulces, continuación

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Food	Serving Size	Exchanges per Serving
Tarta, de calabaza o natilla	1/8 de tarta de 8 pulgadas preparada comercialmente	2 carbohidratos, 2 grasas
Pudin, regular (elaborado con leche baja en grasa)	½ taza	2 carbohidratos
Pudin, sin azúcar o sin azúcar ni grasa (elaborado con leche baja en grasa)	½ taza	1 carbohidrato
Reemplazo de comida con calorías reducidas (batido)	1 lata (10-11 oz.)	1½ carbohidratos, 0-1 grasa
Leche de arroz, baja en grasa o sin grasa, simple	1 taza	1 carbohidrato
Leche de arroz, baja en grasa, con sabor	1 taza	1½ carbohidratos
Aderezo de ensalada, bajo en grasa	¼ taza	1 carbohidrato
Sherbet, sorbete	½ taza	2 carbohidratos
Salsa de spaghetti o de pasta, enlatada	½ taza	1 carbohidrato, 1 grasa
Bebida deportiva	8 oz (1 taza)	1 carbohidrato
Azúcar	1 cucharada	1 carbohidrato
Bollo dulce o danés	1 (2½ oz.)	2½ carbohidratos
Sirope, ligero	2 cucharadas	1 carbohidrato
Sirope, regular	1 cucharada	1 carbohidrato
Oblea de vainilla	5	1 carbohidrato, 1 grasa
Yogurt, congelado	½ taza	1 carbohidrato, 0-1 grasa
Yogurt, congelado sin grasa	1/3 taza	1 carbohidrato
Yogurt, bajo en grasa con fruta	1 taza	3 carbohidratos, 0-1 grasa

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Sweet Choices

1 Carb = 15 grams or carbohydrate and 1 starch, or 1 fruit, or 1 milk

Food	Serving Size	Exchanges per Serving
Angel food cake, unfrosted	1/12th cake (about 2 oz.)	2 carbohydrates
Brownie, small, unfrosted	2 in square (about 1 oz.)	1 carbohydrate, 1 fat
Cake, unfrosted	2 in square (about 1 oz.)	1 carbohydrate, 1 fat
Cake, frosted	2 in square (about 2 oz.)	2 carbohydrates, 1 fat
Cookie or sandwich cookie w/ cream filling	2 small (about 2/3 oz.)	1 carbohydrate, 1 fat
Cookies, sugar-free	3 small or 1 large (¾-1 oz.)	1 carbohydrate, 1-2 fats
Cranberry sauce, jellied	¼ cup	1½ carbohydrates
Cupcake, frosted	1 small (about 2 oz.)	2 carbohydrates, 1 fats
Doughnut, plain cake	1 medium (1½ oz.)	1½ carbohydrates, 2 fats
Doughnut, glazed	3¾ in across (2 oz.)	2 carbohydrates, 2 fats
Fruit cobbler	½ cup (3½ oz.)	3 carbohydrates, 1 fat
Fruit juice bars, frozen, 100% juice	1 bar (3 oz.)	1 carbohydrate
Fruit snacks, chewy (pureed fruit concentrate)	1 roll (¾ oz.)	1 carbohydrate
Fruit spreads, 100% fruit	1 ½ Tbsp.	1 carbohydrate
Gelatin, regular	½ cup	1 carbohydrate
Gingersnaps	3	1 carbohydrate
Granola or snack bar, regular or low-fat	1 bar (1 oz.)	1½ carbohydrates
Honey	1 Tbsp.	1 carbohydrate
Ice cream	½ cup	1 carbohydrate, 2 fats
Ice cream, light	½ cup	1 carbohydrate, 1 fat
Ice cream, low-fat	½ cup	1½ carbohydrates
Ice cream, fat-free, no sugar added	½ cup	1 carbohydrate
Jam or jelly, regular	1 Tbsp.	1 carbohydrate
Milk, chocolate, whole	1 cup	2 carbohydrates, 1 fat
Pie, fruit, 2 crusts	1/6 of 8-in. commercially prepared pie	3 carbohydrates, 2 fats

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Sweet Choices, continued

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Food	Serving Size	Exchanges per Serving
Pie, pumpkin or custard	1/8 of 8-in. commercially prepared pie	2 carbohydrates, 2 fats
Pudding, regular (made with reduced-fat milk)	½ cup	2 carbohydrates
Pudding, sugar-free or sugar-free and fat-free (made w/ fat-free milk)	½ cup	1 carbohydrate
Reduced-calorie meal replacement (shake)	1 can (10-11 oz.)	1½ carbohydrates, 0-1 fat
Rice milk, low-fat or fat-free, plain	1 cup	1 carbohydrate
Rice milk, low-fat, flavored	1 cup	1½ carbohydrates
Salad dressing, fat-free	¼ cup	1 carbohydrate
Sherbet, sorbet	½ cup	2 carbohydrates
Spaghetti sauce or pasta sauce, canned	½ cup	1 carbohydrate, 1 fat
Sports drinks	8 oz (1 cup)	1 carbohydrate
Sugar	1 Tbsp.	1 carbohydrate
Sweet roll or Danish	1 (2½ oz.)	2½ carbohydrates
Syrup, light	2 Tbsp.	1 carbohydrate
Syrup, regular	1 Tbsp.	1 carbohydrate
Vanilla wafers	5	1 carbohydrate, 1 fat
Yogurt, frozen	½ cup	1 carbohydrate, 0-1 fat
Yogurt, frozen, fat-free	1/3 cup	1 carbohydrate
Yogurt, low-fat w/ fruit	1 cup	3 carbohydrates, 0-1 fat

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