

FOOD GROUP: OTHER CHOICES

This food group covers a wide variety of snacks and sweet foods. Most of these foods should be used occasionally and in moderation.

CHOOSE MORE OFTEN:

Food Item	Serving Size	Available CHO (g)	PROTEIN (g)	FAT (g)	GI
Milk Pudding, skim, no sugar added	½ cup (125 mL)	11.9	4.2	0.2	40
Popcorn, air popped/low fat	3 cups (750 mL)	17.9	2.3	1	55

CHOOSE LESS OFTEN:

Food Item	Serving Size	Available CHO (g)	PROTEIN (g)	FAT (g)	GI
BAKED GOODS					
Brownie, unfrosted	2 in/5 cm square	12	2	7	41
Cake, unfrosted (Angel food)	2 in/5 cm square	17	2	3	68
Cookies, arrowroots	4	14	2	3	64
Cookies, chocolate chip	2	18	1	7	N/a
Cookies, cream type filling	2	14	1	4	N/a
Cookies, gingersnaps	3	16	1	2	N/a
Cookies, oatmeal	1	12	1	3	57
Plain muffin	1 small (45 g)	19	3	5	64
BEVERAGES					
Cream soda drink	½ cup (125 mL)	16	0	0	N/a
Cola soft drink	1/3 cup (75 mL)	14	Tr	Tr	N/a
Orange soft drink	½ cup (125 mL)	15	0	0	N/a
Tonic water	¾ cup (175 mL)	16	0	0	N/a
CANDIES					
Candies, hard	5 small	15	0	0	N/a

Candies, Life Savers®	6	15	0	0	70
Candies, licorice	2 pieces	15	1	Tr	N/a
Candies, jellybeans	5 large	13	0	0	80
FROZEN DESSERTS					
Frozen yogurt, non fat	1 cup (250 mL)	18	4	1	N/a
Ice Cream	½ cup (125 mL)	17	3	8	40
Ice Cream bar	1 bar (50 g)	12	2	12	N/a
Popsicle	1 bar (55 g)	16	1	0	N/a
Sherbet, orange	1/3 cup (75 mL)	17	1	1	N/a
SUGARS AND SAUCES	Serving Size	Available CHO (g)	PROTEIN (g)	FAT (g)	GI
Cranberry sauce, sweetened	2 Tbsp (30 mL)	13	0	0	N/a
Jam, jelly, marmalade	1 Tbsp (15 mL)	13	0	0	N/a
Sugar, syrup, honey, molasses, chocolate syrup	1 Tbsp (15 mL)	14	0	0	N/a
MISCELLANEOUS					
Chocolate bar	1/2 bar (42 g), 1.5 oz	13	3	8	65
Fruit leather	1 small (14 g)	12	Tr	Tr	N/a
Fruit roll, chewy	1 roll (21 g)	18	Tr	2	N/a
Granola bar, oatmeal type	1 bar (28 g)	18	3	6	61
Jell-O, regular	½ cup (125 mL)	18	2	0	N/a
Potato chips, baked	10 chips	17	2	1	51
Pretzels, low fat	7 large/30 sticks	17	2	1	83
Tortilla chips, baked	6 chips	15	2	1	63