

# Living Well with Diabetes

## Carbohydrate examples for sick days

Clear liquids	Other liquids	Soft foods
About <b>25 grams</b> of carbohydrates 8 oz Sprite®	About <b>30 grams</b> of carbohydrates ½ cup sorbet or fruit sherbet	About <b>40 grams</b> of carbohydrates 1 can liquid Ensure® or Boost®
About <b>15 grams</b> of carbohydrates each 6 oz (½ can) regular soda, such as ginger ale, cola or 7-up® ½ cup apple juice 3 oz fruit juice popsicle 8 oz Gatorade® ½ cup regular Jell-O	About <b>25 grams</b> of carbohydrates ½ cup frozen vanilla yogurt  About <b>20 grams</b> of carbohydrates ½ cup vanilla pudding	About <b>30 grams</b> of carbohydrates each 1 cup unsweetened applesauce ⅔ cup cooked rice
About <b>5 grams</b> of carbohydrates each 1 juice bar with no sugar added ½ regular popsicle	About <b>15 grams</b> of carbohydrates each ½ cup ice cream ½ cup custard 1 cup milk	About <b>25 grams</b> of carbohydrates each ½ cup cream of wheat or rice 1 slice white bread or toast 5 saltine crackers ½ cup mashed potatoes 6 oz of light yogurt 1 cup cream soup 1½ cups broth with noodles or rice