

Date: \_\_\_\_\_

Symptoms (fever, nausea, vomit, dizzy, etc.)								
Blood Sugar								
Medication Insulin								
Food, Liquid								
Time								

**Carbohydrates in Liquids and Soft Foods**

Food Item	Amount	Grams of Carbohydrate
Regular soft drink	½ cup	15
Orange juice	½ cup	15
Apple juice	½ cup	15
Grape juice	½ cup	15
Milk	1 cup	15
Ice cream, vanilla	½ cup	15
Hot cereal	½ cup	15
Jell-O	½ cup	20
Sherbet	½ cup	30
Popsicle	1	24
Sugar	½ tsp	4
Coffee, tea, broth, bouillon	1 cup	0
Soup, thin creamy	1 cup	15
Soup, thick creamy	1 cup	20
Cream soup, made with water	1 cup	15
Cream Soup, made with milk	1 cup	27
Pudding, regular	½ cup	30
Pudding, sugar free	½ cup	15
Yogurt, plain	1 cup	17
Yogurt with fruit	1 cup	40-60