



Let's Eat Cake!



There is no reason why your child with diabetes should not enjoy cake! Here are some suggestions:

- ✓ Try to fit cake into your meal plan or cover it with insulin
- ✓ Cakes that are **not** loaded with frosting are better choices
- ✓ Pick those that have some fat and protein (ie. chocolate & nuts)

Cake*	Serving Size	Carbs (g)
Pound cake	1/10 of cake (1.1 oz)	15
Cheesecake (plain)	1/6 of cake (2.8 oz)	20
Duncan Hines Creamy Classic Chocolate Frosting	2 tbsp	22
Duncan Hines Creamy Classic Vanilla Frosting	2 tbsp	24
Carvel Cookies n' Cream	1/8 cake (4.1 oz)	29
Baskin Robbins Vanilla Heart Cake	1 svg (4.4 oz)	29
Angel Food Cake	1/12 of 10in dia, (1.8 oz)	29
Carrot Cake with Cream Cheese Frosting	1/12 of cake	31
Dark Double Chocolate Layer Cake	1/12 of cake	33
Betty Crocker Devil's Food Cake (no frosting)	1/12 of cake	35
Duncan Hines Vanilla Cake (no frosting)	1/12 of cake	36
Carvel Gameball Cake	1/8 of cake (4.1 oz)	41
Chocolate with Chocolate Frosting	1/9 (3 oz)	42
Duncan Hines Golden Cake (no frosting)	1/10 of cake	43
Chuck E Cheese Chocolate White	1/10 of 8in cake	45
Cold Stone Creamery Cakes	1/8 6in dia cake	55
Dairy Queen Cake	1/8 of 8in dia cake	56
Large Frosted Vanilla Cupcakes	1 cupcake	66



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the care until the cure

* Serving sizes and grams of carbohydrates vary so it's important to check food labels.
Sources: Calorie King, Fresh Direct and Food Manufacturers