

Chocolate Bar Carb-Counting Chart

Diabetes-Friendly No-Bake Chocolate Bars

A quick-reference guide for carb counting by bar size

Recipe Ingredients

- * Unsweetened Cocoa Powder
- * Stevia or Monk Fruit Sweetener (zero carb)
- * Coconut Oil or Nut Butters
- * Chia Seeds or Ground Flaxseed
- * Unsweetened Shredded Coconut

Low Glycemic | High Fiber | No Added Sugar

Prepared by Mercedes Moss

For educational purposes only. Always consult your healthcare provider.

Carb-Counting Quick Reference

How to Use This Chart

Find your bar size below, then read across for Total Carbs, Fiber, and Net Carbs.

| Bar Size | Dimensions | Total Carbs | Fiber | Net Carbs |
|------------|------------|-------------|-------|-----------|
| Small Bar | 1 x 2 in | 4.0g | 2.0g | 2.0g |
| Medium Bar | 1 x 3 in | 6.0g | 3.0g | 3.0g |
| Large Bar | 2 x 2 in | 8.0g | 4.0g | 4.0g |

Net Carbs = Total Carbs - Fiber

Net carbs are what affect blood sugar. Fiber doesn't raise blood sugar!

Detailed Breakdown by Bar Size

| SMALL (1 x 2 in) |
|------------------------|
| Area: 2 sq in |
| Scale: 1.0x base |
| Total Carbs: 4.0g |
| Fiber: 2.0g |
| Net Carbs: 2.0g |

| MEDIUM (1 x 3 in) |
|------------------------|
| Area: 3 sq in |
| Scale: 1.5x base |
| Total Carbs: 6.0g |
| Fiber: 3.0g |
| Net Carbs: 3.0g |

| LARGE (2 x 2 in) |
|------------------------|
| Area: 4 sq in |
| Scale: 2.0x base |
| Total Carbs: 8.0g |
| Fiber: 4.0g |
| Net Carbs: 4.0g |

Important Notes

- * Carb values are estimates based on the recipe, scaled proportionally by bar surface area.
- * Always verify with your child's diabetes care team before making dietary changes.
- * Non-nutritive sweeteners (stevia / monk fruit) contribute 0g carbs.
- * Values assume uniform thickness (~0.5 in) across all bar sizes.
- * Net carbs = Total carbs minus fiber. Net carbs are what you count for insulin dosing.

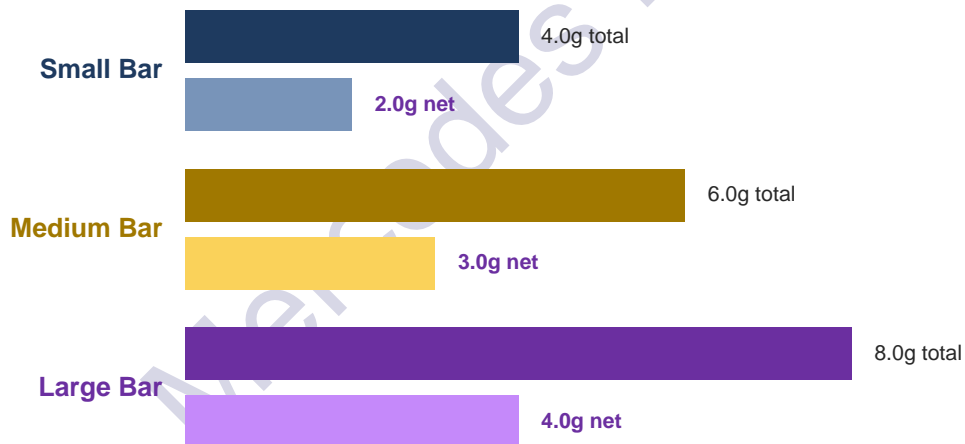
Quick Snack Combos & Serving Guide

Multi-Bar Snack Combos

Quickly look up carbs when your child wants more than one bar!

| Combo | Qty | Total Carbs | Total Fiber | Net Carbs |
|--------------------|-----|-------------|-------------|-----------|
| 2 Small Bars | 2 | 8.0g | 4.0g | 4.0g |
| 3 Small Bars | 3 | 12.0g | 6.0g | 6.0g |
| 1 Small + 1 Medium | 2 | 10.0g | 5.0g | 5.0g |
| 2 Medium Bars | 2 | 12.0g | 6.0g | 6.0g |
| 1 Small + 1 Large | 2 | 12.0g | 6.0g | 6.0g |
| 1 Medium + 1 Large | 2 | 14.0g | 7.0g | 7.0g |
| 2 Large Bars | 2 | 16.0g | 8.0g | 8.0g |

At-a-Glance Carb Ranges



Dark bars = Total Carbs | Light bars = Net Carbs (what counts for dosing)

Reminder for Parents & Caregivers

These values are recipe estimates. Always verify with your child's endocrinologist or diabetes educator. Monitor blood sugar response when introducing new foods.