

Food Exchange List

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Food Exchange List

- The exchange system can simplify meal planning, they are designed to help manage diabetes, weight management, cardiovascular risk reduction and general healthy eating.
- Provide detailed information about the nutrients in many foods and beverages.
- Ensure a consistent, nutritionally balanced diet
- Useful for health professionals.

Food Exchange List

- There are three main groups of foods and beverages in the exchange lists:

1- Carbohydrate

- Starch.
- Fruits.
- Vegetables
- Sweets/ other CHO.
- **Dairy products**

2- Protein

- Meats and meats substitutes.

3- Fat

Food Exchange List

- Each of the exchange groups contains a list of foods and beverages that equal about the same number of calories, carbohydrates, proteins and fats.
- Foods and beverages can be “exchanged” within an exchange group because they are similar in nutrients.
- One serving in a group is called an “exchange”,

Food Exchange List

Table A.1

Food List	Carbohydrate (grams)	Protein (grams)	Fat (grams)	Calories
Carbohydrates				
Starch: breads, cereals and grains, starchy vegetables, crackers, snacks, and beans, peas, and lentils	<u>15</u>	<u>0-3</u>	<u>0-1</u>	<u>80</u>
Fruits	<u>15</u>	—	—	<u>60</u>
Milk				
Fat-free, low-fat, 1%	12	8	<u>0-3</u>	<u>100</u>
Reduced-fat, 2%	12	8	<u>5</u>	<u>120</u>
Whole	12	8	<u>8</u>	<u>160</u>
Sweets, Desserts, and Other Carbohydrates	15	varies	varies	varies
Nonstarchy Vegetables	5	<u>2</u>	—	25

(Continued)

Food Exchange List

Table A.1 (Continued)

Food List	Carbohydrate (grams)	Protein (grams)	Fat (grams)	Calories
Meat and Meat Substitutes				
Lean	—	7	0–3	45
Medium-fat	—	7	4–7	75
High-fat	—	7	8+	100
Plant-based proteins	varies	7	varies	varies
Fats	—	—	5	45
Alcohol	varies	—	—	100

Food Exchange List

- **Carbohydrate- Starch**

- Cereals, grains, pasta, breads, crackers, snacks, starchy vegetables, and cooked beans, peas, and lentils are starches.

Examples:

- ½ cup of cooked cereal, grain, or starchy vegetable.
- 1/3 cup of cooked rice or pasta.
- 1oz of a bread product, such as one slice of bread
- A choice on the Starch list has **15 grams of carbohydrate, 0–3 grams of protein, 0–1 grams of fat, and 80 calories.**

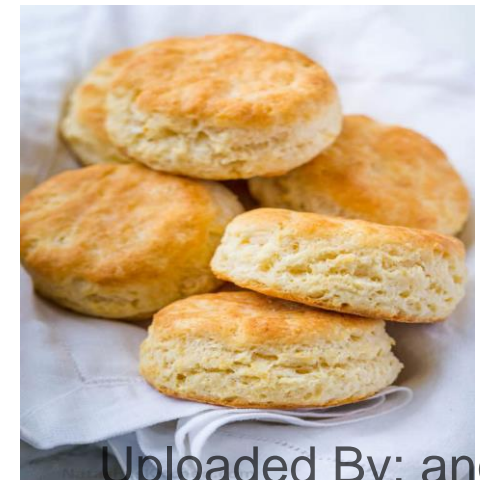
Food Exchange List- Carbohydrate/ Bread

Bread

Table A.2 Bread

Food	Serving Size
Bagel, large (about 4 oz)	¼ (1 oz)
Biscuit, 2 ½ inches across	1
Bread	
reduced-calorie	2 slices (1 ½ oz)
white, whole-grain, pumpernickel, rye, unfrosted raisin	1 slice (1 oz)
Chapatti, small, 6 inches across	1
Cornbread, 1 ¾ inch cube	1 (1 ½ oz)
English muffin	½
Hot dog bun or hamburger bun	½ (1 oz)
Naan, 8 inches by 2 inches	¼
Pancake, 4 inches across, ¼ inch thick	1
Pita, 6 inches across	½
Roll, plain, small	1 (1 oz)
Stuffing, bread	⅓ cup
Taco shell, 5 inches across	2
Tortilla, corn, 6 inches across	1
Tortilla, flour, 6 inches across	1
Tortilla, flour, 10 inches across	⅓ tortilla
Waffle, 4-inch square or 4 inches across	1

Food Exchange List- Carbohydrate/ Bread



Food Exchange List- Carbohydrate/ Grains

Table A.3 Cereals and Grains

Food	Serving Size
Barley, cooked	1/3 cup
Bran, dry	
oat	1/4 cup
wheat	1/2 cup
Bulgur (cooked)	1/2 cup
Cereals	
bran	1/2 cup
cooked (oats, oatmeal)	1/2 cup
puffed	1 1/2 cups
shredded wheat, plain	1/2 cup
sugar-coated	1/2 cup
unsweetened, ready-to-eat	3/4 cup
Couscous	1/3 cup

(Continued)

Table A.3 (Continued)

Food	Serving Size
Granola	
low-fat	1/4 cup
regular	1/4 cup
Grits, cooked	1/2 cup
Kasha	1/2 cup
Millet, cooked	1/3 cup
Muesli	1/4 cup
Pasta, cooked	1/3 cup
Polenta, cooked	1/3 cup
Quinoa, cooked	1/3 cup
Rice, white or brown, cooked	1/3 cup
Tabbouleh (tabouli), prepared	1/2 cup
Wheat germ, dry	3Tbsp
Wild rice, cooked	1/2 cup

Food Exchange List- Carbohydrate/ Starchy Vegetables

Table A.4 Starchy Vegetables

Food	Serving Size
Cassava	1/3 cup
Corn	1/2 cup
on cob, large	1/2 cob (5 oz)
Hominy, canned	3/4 cup
Mixed vegetables with corn, peas, or pasta	1 cup
Parsnips	1/2 cup
Peas, green	1/2 cup
Plantain, ripe	1/3 cup
Potato	
baked with skin	1/4 large (3 oz)
boiled, all kinds	1/2 cup or 1/2 medium (3 oz)
mashed, with milk and fat	1/2 cup
French fried (oven-baked)	1 cup (2 oz)
Pumpkin, canned, no sugar added	1 cup
Spaghetti/pasta sauce	1/2 cup
Squash, winter (acorn, butternut)	1 cup
Succotash	1/2 cup
Yam, sweet potato, plain	1/2 cup

Food Exchange List- Carbohydrate- Crackers

Table A.5 Crackers and Snacks

Food	Serving Size
Animal crackers	8
Crackers	
round-butter type	6
saltine-type	6
sandwich-style, cheese or peanut butter filling	3
whole-wheat regular	2–5 ($\frac{3}{4}$ oz)
whole-wheat lower fat or crisp breads	2–5 ($\frac{3}{4}$ oz)
Graham cracker, 2 $\frac{1}{2}$ -inch square	3
Matzoh	$\frac{3}{4}$ oz
Melba toast, about 2-inch by 4-inch piece	4 pieces
Oyster crackers	20
Popcorn	3 cups
with butter	3 cups
no fat added	3 cups
lower fat	3 cups
Pretzels	$\frac{3}{4}$ oz
Rice cakes, 4 inches across	2
Snack chips	
fat-free or baked (tortilla, potato), baked pita chips	15–20 ($\frac{3}{4}$ oz)
Regular (tortilla, potato)	9–13 ($\frac{3}{4}$ oz)

Food Exchange List

- **Carbohydrate- Fruit**

- Fresh, frozen, canned, and dried fruits and fruit juices are on this list.

Examples:

- ½ cup of canned or fresh fruit or unsweetened fruit juice.
- 1 small fresh fruit (4oz).
- 2 tablespoons of dried fruit.
- A choice on the Fruits list has **15 grams of carbohydrate, 0 grams of protein, 0 grams of fat, and 60 calories.**

Food Exchange List- Carbohydrate/ Fruit

Table A.7 Fruit

Food	Serving Size
Apple, unpeeled, small	1 (4 oz)
Apples, dried	4 rings
Applesauce, unsweetened	½ cup
Apricots	
canned	½ cup
dried	8 halves
fresh	4 whole (5 ½ oz)
Banana, extra small	1 (4 oz)
Blackberries	¾ cup
Blueberries	¾ cup
Cantaloupe, small	⅓ melon or 1 cup cubed (11 oz)
Cherries	
sweet, canned	½ cup
sweet fresh	12 (3 oz)

Food Exchange List- Carbohydrate/ Fruit

Table A.7 (Continued)

Food	Serving Size
Dates	3
Dried fruits (blueberries, cherries, cranberries, mixed fruit, raisins)	2 Tbsp
Figs	
dried	1 ½
fresh	1 ½ large or 2 medium (3 ½ oz)
Fruit cocktail	½ cup
Grapefruit	
large	½ (11 oz)
sections, canned	¾ cup
Grapes, small	17 (3 oz)
Honeydew melon	1 slice or 1 cup cubed (10 oz)
Kiwi	1 (3 ½ oz)
Mandarin oranges, canned	¾ cup
Mango, small	½ fruit (5 ½ oz) or ½ cup
Nectarine, small	1 (5 oz)
Orange, small	1 (6 ½ oz)
Papaya	½ fruit or 1 cup cubed (8 oz)
Peaches	
canned	½ cup
fresh, medium	1 (6 oz)
Pears	
canned	½ cup
fresh, large	½ (4 oz)
Pineapple	

Food Exchange List- Carbohydrate/ Fruit Juice

Table A.8 Fruit Juice

Food	Serving Size
Apple juice/cider	½ cup
Fruit juice blends, 100% juice	⅓ cup
Grape juice	⅓ cup
Grapefruit juice	½ cup
Orange juice	½ cup
Pineapple juice	½ cup
Prune juice	⅓ cup

Food Exchange List

- **Non-Vegetables**

- Vegetable choices include vegetables in Non-starchy Vegetables list and the Starchy Vegetables list.
- Vegetables with small amounts of carbohydrate and calories are on this list.
- **1 non-starchy vegetable choice is:**
 - ½ cup of cooked vegetables or vegetable juice
 - 1 cup of raw vegetables
 - A choice on this list (½ cup cooked or 1 cup raw) equals 5 grams of carbohydrate, 2 grams of protein, 0 grams of fat, and 25 calories.

Food Exchange List/ Non-Starchy Vegetables

Table A.19 (Continued)

Broccoli	Radishes
Brussels sprouts	Rutabaga
Cabbage (green, bok choy, Chinese)	Sauerkraut
Carrots	Soybean sprouts
Cauliflower	Spinach
Celery	Squash (summer, crookneck, zucchini)
Chayote	Sugar pea snaps
Coleslaw, packaged, no dressing	Swiss chard
Cucumber	Tomato
Eggplant	Tomatoes, canned
Gourds (bitter, bottle, luffa, bitter melon)	Tomato sauce
Green onions or scallions	Tomato/vegetable juice
Greens (collard, kale, mustard, turnip)	Turnips
Hearts of palm	Water chestnuts
Jicama	Yard-long beans

Food Exchange List

- **Milk**

- Different types of milk and milk products are on this list. However, two types of milk products are found in other lists.
- **Cheeses** are on the Meat and Meat Substitutes list (because they are rich in protein).
- **Cream and other dairy fats** are on the Fats list.
- The higher the fat content of milk and yogurt, the more saturated fat and cholesterol it has.
- 1 liquid cup equals 8 fluid oz., 236.6 ml

Food Exchange List- Milk

- Milks and yogurts are grouped in three categories (**fat-free/low-fat, reduced-fat, or whole**) based on the amount of fat they have.

Table A.9

	Carbohydrate (grams)	Protein (grams)	Fat (grams)	Calories
Fat-free (skim), low-fat (1%)	12	8	0-3	100
Reduced-fat (2%)	12	8	5	120
Whole	12	8	8	160

Food Exchange List- Milk

Table A.10 Milk and Yogurts

Food	Serving Size	Count as
Fat-free or low-fat (1%)		
Milk, buttermilk, acidophilus milk, Lactaid	1 cup	1 fat-free milk
Evaporated milk	½ cup	1 fat-free milk
Yogurt, plain or flavored with an artificial sweetener	⅔ cup (6 oz)	1 fat-free milk
Reduced-fat (2%)		
Milk, acidophilus milk, kefir, Lactaid	1 cup	1 reduced-fat milk
Yogurt, plain	⅔ cup (6 oz)	1 reduced-fat milk
Whole		
Milk, buttermilk, goat's milk	1 cup	1 whole milk
Evaporated milk	½ cup	1 whole milk
Yogurt, plain	8 oz	1 whole milk

Food Exchange List- Milk

Table A.11 Dairy-Like Foods

Food	Serving Size	Count as
Chocolate milk		
fat-free	1 cup	1 fat-free milk + 1 carbohydrate
whole	1 cup	1 whole milk + 1 carbohydrate
Eggnog, whole milk	½ cup	1 carbohydrate + 2 fats
Rice drink		
flavored, low-fat	1 cup	2 carbohydrates
plain, fat-free	1 cup	1 carbohydrate
Smoothies, flavored, regular	10 oz	1 fat-free milk + 2 ½ carbohydrates
Soy milk		
light	1 cup	1 carbohydrate + ½ fat
regular, plain	1 cup	1 carbohydrate + 1 fat
Yogurt		
and juice blends	1 cup	1 fat-free milk + 1 carbohydrate
low carbohydrate (less than 6 grams carbohydrate per choice) with fruit, low-fat	⅔ cup (6 oz)	½ fat-free milk
	⅔ cup (6 oz)	1 fat-free milk + 1 carbohydrate

Note: Coconut milk is on the **Fats** list.

Food Exchange List

- **Meat and Meat Substitutes.**
- Foods from this list are divided into four groups based on the amount of **fat** they contain. These groups are **lean meat, medium-fat meat, high-fat meat, and plant-based proteins.**

Table A.20

	Carbohydrate (grams)	Protein (grams)	Fat (grams)	Calories
Lean meat	—	7	0–3	45
Medium-fat meat	—	7	4–7	75
High-fat meat	—	7	8+	100
Plant-based protein	varies	7	varies	varies

Food Exchange List/ Lean Meat and Meat Substitutes

Table A.21 Lean Meats and Meat Substitutes

Food	Amount
Beef: Select or Choice grades trimmed of fat: ground round, roast (chuck, rib, rump), round, sirloin, steak (cubed, flank, porterhouse, T-bone), tenderloin	1 oz
Beef jerky	1 oz
Cheeses with 3 grams of fat or less per oz	1 oz
Cottage cheese	¼ cup
Egg substitutes, plain	¼ cup
Egg whites	2
Fish, fresh or frozen, plain: catfish, cod, flounder, haddock, halibut, orange roughy, salmon, tilapia, trout, tuna	1 oz
Fish, smoked: herring or salmon (lox)	1 oz
Game: buffalo, ostrich, rabbit, venison	1 oz
Hot dog with 3 grams of fat or less per oz (8 dogs per 14 oz package)	1
<i>Note: May be high in carbohydrate.</i>	
Lamb: chop, leg, or roast	1 oz
Organ meats: heart, kidney, liver	1 oz

Note: May be high in cholesterol.

Oysters, fresh or frozen

6 medium

Food Exchange List/ Lean Meat and Meat Substitutes

Table A.21 (Continued)

Food	Amount
Pork, lean	
Canadian bacon	1 oz
rib or loin chop/roast, ham, tenderloin	1 oz
Poultry, without skin: Cornish hen, chicken,	1 oz
domestic duck or goose (well-drained of fat), turkey	
Processed sandwich meats with 3 grams of fat or less per oz: chipped beef,	1 oz
deli thin-sliced meats, turkey ham, turkey kielbasa, turkey pastrami	
Salmon, canned	1 oz
Sardines, canned	2 medium
Sausage with 3 grams of fat or less per oz	1 oz
Shellfish: clams, crab, imitation shellfish, lobster, scallops, shrimp	1 oz
Tuna, canned in water or oil, drained	1 oz
Veal, lean chop, roast	1 oz

Food Exchange List/ Medium-Fat Meat and Meat Substitutes

Table A.22 Medium-Fat Meat and Meat Substitutes

Food	Amount
Beef: corned beef, ground beef, meatloaf, Prime grades trimmed of fat (prime rib), short ribs, tongue	1 oz
Cheeses with 4–7 grams of fat per oz: feta, mozzarella, pasteurized processed cheese spread, reduced-fat cheeses, string	1 oz
Egg	1
<i>Note: High in cholesterol, so limit to 3 per week</i>	
Fish, any fried product	1 oz
Lamb: ground, rib roast	1 oz
Pork: cutlet, shoulder roast	1 oz
Poultry: chicken with skin; dove, pheasant, wild duck, or goose; fried chicken; ground turkey	1 oz
Ricotta cheese	2 oz or ¼ cup
Sausage with 4–7 grams of fat per oz	1 oz
Veal, cutlet (no breading)	1 oz

Food Exchange List/ High Fat- Meat and Meat Substitutes

Table A.23 High-Fat Meat and Meat Substitutes

Food	Amount
Bacon	
pork	2 slices (16 slices per lb or 1 oz each, before cooking)
turkey	3 slices (½ oz each before cooking)
Cheese, regular: American, bleu, brie, cheddar, hard goat, Monterey jack, queso, and Swiss	1 oz
Hot dog: beef, pork, or combination (10 per lb-sized package)	1
Hot dog: turkey or chicken (10 per lb-sized package)	1
Pork: ground, sausage, spareribs	1 oz
Processed sandwich meats with 8 grams of fat or more per oz: bologna, pastrami, hard salami	1 oz
Sausage with 8 grams fat or more per oz: bratwurst, chorizo, Italian, knockwurst, Polish, smoked, summer	1 oz

Food Exchange List/ Plant Based Protein

- Because carbohydrate content varies among plant-based proteins, you should read the food label.

Table A.24 Plant-Based Proteins

Food	Serving Size	Count as
"Bacon" strips, soy-based	3 strips	1 medium-fat meat
Baked beans	1/3 cup	1 starch + 1 lean meat
Beans, cooked: black, garbanzo, kidney, lima, navy, pinto, white	1/2 cup	1 starch + 1 lean meat
"Beef" or "sausage" crumbles, soy-based	2 oz	1/2 carbohydrate + 1 lean meat
"Chicken" nuggets, soy-based	2 nuggets (1 1/2 oz)	1/2 carbohydrate + 1 medium-fat meat
Edamame	1/2 cup	1/2 carbohydrate + 1 lean meat
Falafel (spiced chickpea and wheat patties)	3 patties (about 2 inches across)	1 carbohydrate + 1 high-fat meat
Hot dog, soy-based	1 (1 1/2 oz)	1/2 carbohydrate + 1 lean meat
Hummus	1/3 cup	1 carbohydrate + 1 high-fat meat

Food Exchange List/ Plant Based Protein

Table A.24 (Continued)

Food	Serving Size	Count as
Lentils, brown, green, or yellow	½ cup	1 carbohydrate + 1 lean meat
Meatless burger, soy-based	3 oz	½ carbohydrate + 2 lean meats
Meatless burger, vegetable-and starch-based	1 patty (about 2 ½ oz)	1 carbohydrate + 2 lean meats
Nut spreads: almond butter, cashew butter, peanut butter, soy nut butter	1 Tbsp	1 high-fat meat
Peas, cooked: black-eyed and split peas	½ cup	1 starch + 1 lean meat
Refried beans, canned	½ cup	1 starch + 1 lean meat
“Sausage” patties, soy-based	1 (1 ½ oz)	1 medium-fat meat
Soy nuts, unsalted	¾ oz	½ carbohydrate + 1 medium-fat meat
Tempeh	¼ cup	1 medium-fat meat
Tofu	4 oz (½ cup)	1 medium-fat meat
Tofu, light	4 oz (½ cup)	1 lean meat

Food Exchange List

- **Fats**

- Fats are divided into three groups, based on the main **type of fat** they contain:

1- Unsaturated fats are primarily vegetable and are **liquid at room temperature**. These fats have good health benefits.

- **Omega-3 fats** are a type of polyunsaturated fat and can help lower triglyceride levels and the risk of heart disease.
- **Monounsaturated fats** also help lower cholesterol levels and may help raise HDL (good) cholesterol levels.
- **Polyunsaturated** fats can help lower cholesterol levels

Food Exchange List- Fats

2- **Saturated fats** have been linked with heart disease. They can raise LDL (bad) cholesterol levels and should be eaten in small amounts. Saturated fats are solid at room temperature.

3- **Trans fats** are made in a process that changes vegetable oils into **semisolid fats**. These fats can raise blood cholesterol levels and should be eaten in small amounts. Partially hydrogenated and hydrogenated fats should be avoided. Trans fats are also found naturally occurring in some animal products such as meat, cheese, butter, and dairy products.

Food Exchange List- Fats

- A choice on the Fats list contains **5 grams of fat and 45 calories.**
- **In general, 1 fat choice equals:**
 - 1 teaspoon of regular margarine, vegetable oil, or butter
 - 1 tablespoon of regular salad dressing

Food Exchange List- Unsaturated Fats

Unsaturated Fats—Monounsaturated Fats

Table A.25 Unsaturated Fats-Monounsaturated Fats

Food	Serving Size
Avocado, medium	2Tbsp (1 oz)
Nut butters (<i>trans</i> fat-free): almond butter, cashew butter, peanut butter (smooth or crunchy)	1 ½tsp

Food Exchange List- Unsaturated Fats

Table A.25 (Continued)

Food	Serving Size
Nuts	
almonds	6 nuts
Brazil	2 nuts
cashews	6 nuts
filberts (hazelnuts)	5 nuts
macadamia	3 nuts
mixed (50% peanuts)	6 nuts
peanuts	10 nuts
pecans	4 halves
pistachios	16 nuts
Oil: canola, olive, peanut	1 tsp
Olives	
black (ripe)	8 large
green, stuffed	10 large

Food Exchange List- Unsaturated Fats



Almonds



Hazelnuts



peanuts



Pecans



Pistachio

Food Exchange List- Polyunsaturated Fats

Polyunsaturated Fats

Table A.26 Polyunsaturated Fats

Food	Serving Size
Margarine: lower-fat spread (30–50% vegetable oil, <i>trans</i> fat-free)	1 Tbsp
Margarine: stick, tub (<i>trans</i> fat-free), or squeeze (<i>trans</i> fat-free)	1 tsp
Mayonnaise	
reduced-fat	1 Tbsp
regular	1 tsp
Mayonnaise-style salad dressing	
reduced-fat	1 Tbsp
regular	2 tsp
Nuts	
Pignolia (pine nuts)	1 Tbsp
walnuts, English	4 halves
Oil: corn, cottonseed, flaxseed, grape seed, safflower, soybean, sunflower	1 tsp
Oil: made from soybean and canola oil- Enova	1 tsp
Plant stanol esters	
light	1 Tbsp
regular	2 tsp

Food Exchange List- Saturated Fats

Table A.27 Saturated Fats

Food	Serving Size
Bacon, cooked, regular or turkey	1 slice
Butter	
reduced-fat	1 Tbsp
stick	1 tsp
whipped	2 tsp
Butter blends made with oil	
reduced-fat or light	1 Tbsp
regular	1 ½ tsp
Chitterlings, boiled	2 Tbsp (½ oz)
Coconut, sweetened, shredded	2 Tbsp
Coconut milk	
light	⅓ cup
regular	1 ½ Tbsp
Cream	
half and half	2 Tbsp
heavy	1 Tbsp
light	1 ½ Tbsp
whipped	2 Tbsp
whipped, pressurized	¼ cup
Cream cheese	
reduced-fat	1 ½ Tbsp (¾ oz)
regular	1 Tbsp (½ oz)

Food Exchange List- Saturated Fats

Table A.27 (Continued)

Food	Serving Size
Lard	1 tsp
Oil: coconut, palm, palm kernel	1 tsp
Salt pork	1/4 oz
Shortening, solid	1 tsp
Sour cream	
reduced-fat or light	3 Tbsp
regular	2 Tbsp

Food Exchange List- Free Foods

- A “free” food is any food or drink choice that has less than 20 calories and 5 grams or less of carbohydrate per serving.

Table A.28 Low Carbohydrate Foods

Food	Serving Size
Cabbage, raw	½ cup
Candy, hard (regular or sugar-free)	1 piece
Carrots, cauliflower, or green beans, cooked	¼ cup

(Continued)

Food Exchange List- Free Foods

Table A.28 (Continued)

Food	Serving Size
Cranberries, sweetened with sugar substitute	½ cup
Cucumber, sliced	½ cup
Gelatin dessert, sugar-free unflavored	
Gum	
Jam or jelly, light or no sugar added	2 tsp
Rhubarb, sweetened with sugar substitute	½ cup
Salad greens	
Sugar substitute (artificial sweeteners)	
Syrup, sugar-free	2 Tbsp

Food Exchange List- Combination Foods

- Many of the foods we eat are mixed together in various combinations, these “combination” foods do not fit into any one choice list.

Table A.34 Entrees

Food	Serving Size	Count as
Casserole type (tuna noodle, lasagna, spaghetti with meatballs, chili with beans, macaroni and cheese)	1 cup (8 oz)	2 carbohydrates + 2 medium-fat meats
Stews (beef/other meats and vegetables)	1 cup (8 oz)	1 carbohydrate + 1 medium-fat meat + 0–3 fats
Tuna salad or chicken salad	½ cup (3 ½ oz)	½ carbohydrate + 2 lean meats + 1 fat

Food Exchange List- Drinks/Mixes

- Any food on this list-without a serving size listed- can be consumed in any moderate amount.

Table A.32 Drinks/Mixes

• Bouillon broth, consommé	• Diet soft drinks, sugar-free
• Bouillon or broth, low-sodium	• Drink mixes, sugar-free
• Carbonated or mineral water	• Tea, unsweetened or with sugar substitute
• Club soda	• Tonic water, diet
• Cocoa powder, unsweetened (1 Tbsp)	• Water
• Coffee, unsweetened or with sugar substitute	• Water, flavored, carbohydrate free

Food Exchange List- Seasoning

- Any food on this list can be consumed in any moderate amount.

Table A.33 Seasonings

Flavoring extracts (for example, vanilla, almond, peppermint)	• Pimento
	• Spices
• Garlic	• Hot pepper sauce
• Herbs, fresh or dried	• Wine, used in cooking
• Nonstick cooking spray	• Worcestershire sauce

Food Exchange List- Fast Food

- Not fast food items Instead, **Popular foods**.
- Examples: Breakfast Sandwich, Main dishes, Oriental and others groups.

Table A.41 Pizza

Food	Serving Size	Count as
Pizza		
cheese, pepperoni, regular crust	1/8 of a 14 inch (about 4 oz)	2 1/2 carbohydrates + 1 medium-fat meat + 1 1/2 fats
cheese/vegetarian, thin crust	1/4 of a 12 inch (about 6 oz)	2 1/2 carbohydrates + 2 medium-fat meats + 1 1/2 fats

Food Exchange List- Fast Food

Sandwiches

Table A.42 Sandwiches

Food	Serving Size	Count as
Chicken sandwich, grilled	1	3 carbohydrates + 4 lean meats
Chicken sandwich, crispy	1	3 ½ carbohydrates + 3 medium-fat meats + 1 fat
Fish sandwich with tartar sauce	1	2 ½ carbohydrates + 2 medium-fat meats + 2 fats
Hamburger large with cheese	1	2 ½ carbohydrates + 4 medium-fat meats + 1 fat
regular	1	2 carbohydrates + 1 medium-fat meat + 1 fat

Food Exchange List- Fast Food

Table A.44 Sides/Appetizers

Food	Serving Size	Count as
French fries, restaurant style	small	3 carbohydrates + 3 fats
	medium	4 carbohydrates + 4 fats
	large	5 carbohydrates + 6 fats
Nachos with cheese	small (about 4 ½ oz)	2 ½ carbohydrates + 4 fats
Onion rings	1 serving (about 3 oz)	2 ½ carbohydrates + 3 fats

Table A.45 Desserts

Food	Serving Size	Count as
Milkshake, any flavor	12 oz	6 carbohydrates + 2 fats
Soft-serve ice cream cone	1 small	2 ½ carbohydrates + 1 fat

Food Exchange List- Sweets and other Carbohydrate

Table A.12 Beverages, Soda, and Energy-Sports Drinks

Food	Serving Size	Count as
Cranberry juice cocktail	½ cup	1 carbohydrate
Energy drink	1 can (8.3 oz)	2 carbohydrates
Fruit drink or lemonade	1 cup (8 oz)	2 carbohydrates
Hot chocolate		
regular	1 envelope added to 8 oz water	1 carbohydrate + 1 fat
sugar-free or light	1 envelope added to 8 oz water	1 carbohydrate
Soft drink (soda), regular	1 can (12 oz)	2 ½ carbohydrates
Sports drink	1 cup (8 oz)	1 carbohydrate

Food Exchange List- Sweets and other Carbohydrate

Table A.16 Doughnuts, Muffins, Pastries, and Sweet Breads

Food	Serving Size	Count as
Banana nut bread	1-inch slice (1 oz)	2 carbohydrates + 1 fat
Doughnut		
cake, plain	1 medium (1 ½ oz)	1 ½ carbohydrates + 2 fats
yeast type, glazed	3 ¾ inches across (2 oz)	2 carbohydrates + 2 fats
Muffin (4 oz)	¼ muffin (1 oz)	1 carbohydrate + ½ fat
Sweet roll or Danish	1 (2 ½ oz)	2 ½ carbohydrates + 2 fats

Food Exchange List- Sweets and other Carbohydrate

Food	Serving Size	Count as
Brownie, small, unfrosted	1 ¼-inch square, ⅞ inch high (about 1 oz)	1 carbohydrate + 1 fat
Cake		
angel food, unfrosted	⅓ of cake (about 2 oz)	2 carbohydrates
frosted	2-inch square (about 2 oz)	2 carbohydrates + 1 fat
unfrosted	2-inch square (about 2 oz)	1 carbohydrate + 1 fat
Cookies		
chocolate chip	2 cookies (2 ¼ inches across)	1 carbohydrate + 2 fats
gingersnap	3 cookies	1 carbohydrate
sandwich, with crème filling	2 small (about ⅔ oz)	1 carbohydrate + 1 fat
sugar-free	3 small or 1 large (¾–1 oz)	1 carbohydrate + 1–2 fats
vanilla wafer	5 cookies	1 carbohydrate + 1 fat
Cupcake, frosted	1 small (about 1 ¾ oz)	2 carbohydrates + 1–1 ½ fats
Fruit cobbler	½ cup (3 ½ oz)	3 carbohydrates + 1 fat
Gelatin, regular	½ cup	1 carbohydrate
Pie		
commercially prepared fruit, 2 crusts	⅓ of 8-inch pie	3 carbohydrates + 2 fats
pumpkin or custard	⅓ of 8-inch pie	1 ½ carbohydrates + 1 ½ fats
Pudding		
regular (made with reduced-fat milk)	½ cup	2 carbohydrates
sugar-free or sugar- and fat-free (made with fat-free milk)	½ cup	1 carbohydrate

Food Exchange List- Sweets and other Carbohydrate

Table A.17 Frozen Bars, Frozen Desserts, Frozen Yogurt, and Ice Cream

Food	Serving Size	Count as
Frozen pops	1	½ carbohydrate
Fruit juice bars, frozen, 100% juice	1 bar (3 oz)	1 carbohydrate
Ice cream		
fat-free	½ cup	1 ½ carbohydrates
light	½ cup	1 carbohydrate + 1 fat
no sugar added	½ cup	1 carbohydrate + 1 fat
regular	½ cup	1 carbohydrate + 2 fats
Sherbet, sorbet	½ cup	2 carbohydrates
Yogurt, frozen		
fat-free	⅓ cup	1 carbohydrate
regular	½ cup	1 carbohydrate + 0–1 fat

Nutrition and Selection Tips

- **Starch** : For maximum health benefits, **eat three or more servings of whole grains each day.**
- **Fruits**: Fresh, frozen, and dried fruits are good sources of fiber. Fruit juices contain very little fiber.
 - Choose fruits instead of juices whenever possible.
 - Citrus fruits, berries, and melons are good sources of vitamin C.
 - Read the Nutrition Facts on the food label. If 1 serving has more than 15 grams of carbohydrate, you may need to adjust the size of the serving.
 - Food labels for fruits may contain the words “no sugar added” or “unsweetened.” This means that no table sugar (sucrose) has been added.
 - Avoid fruit canned in heavy syrup.

Nutrition and Selection Tips

- **Milk:** Milk and yogurt are good sources of calcium and protein.
 - The higher the fat content of milk and yogurt, the more **saturated fat and cholesterol it has.**
 - Children over the age of 2 and adults should choose lower-fat varieties such as skim, 1%, or 2% milks.

Sweets and other CHO: The foods on this list do not have as many vitamins, minerals, and fiber as the choices on the Starch, Fruits, or Milk lists.

- The serving sizes for these foods are small because of their fat content.
- Read the Nutrition Facts on the food label to find the serving size and nutrient information.

Nutrition and Selection Tips

- **Non-starchy vegetables:** eat at least 2 to 3 nonstarchy vegetable choices each day.
 - Fresh or frozen vegetables have less added salt than canned vegetables. Drain and rinse canned vegetables to remove some salt.
 - Eat variety of vegetables.
- **Meat:** Read labels to find foods low in fat and cholesterol. Try for 5 grams of fat or less per serving.
 - Whenever possible, choose lean meats.
 - Choose fish 2 or more times each week.
 - Bake, roast, grill, steam, or boil instead of frying

Nutrition and Selection Tips

- Some processed products contain carbohydrate, read the food label to see if the amount of carbohydrate in the serving size you plan to eat is close to 15 grams. If so, count it as 1 carbohydrate choice and 1 or more meat choice.

Fat: Limit the amount of fried foods you eat.

- Nuts and seeds are good sources of unsaturated fats if eaten in moderation.
- Soft or tub margarines have less saturated fat than stick margarines and are a healthier choice. Look for trans fat-free soft margarines.
- Read the Nutrition Facts on food labels for serving sizes

Nutrition and Selection Tips

- **Alcohol:**
 - limit it to 1 drink or less per day for women, and 2 drinks or less per day for men.