

# DIABETIC EXCHANGE LIST

## I. STARCH / BREADS, CEREALS, GRAIN GROUP

1 starch exchange (serving) contains approximately :15 grams carbohydrate, 3 grams protein, trace fat, 80 calories

If you want to eat a starch food that is not on the list, the general rule is this:

**1/2 cup of cereal, grain, or pasta = one serving**

**1 ounce of a bread product = one serving**

### BREADS

	One Serving equals:
Bagel 1/2	1/2 medium
Bread (white, †pumpernickel, whole wheat, raisin (unfrosted), †rye)	1 slice
Bread sticks, crisp, 4 in. long x 1/2 in.	2
Croutons low fat	1 cup
Dried bread crumbs	3 Tbsp.
English muffin	1/2 medium
Hotdog or hamburger bun	1/2
Pita, 6 in. across	1/2 (1 oz)
Plain dinner roll, small	1 (1 oz)
Tortilla, flour (10"), corn (6")	1

### CEREALS/GRAINS/PASTA

Barley, cooked	1/2 cup
† Bran cereals, concentrated (such as Bran Buds, All Bran)	1/3 cup
†Bran cereals, flaked	1/2 cup
Bulgur (cooked)	1/2 cup
Cooked cereals (Cream of Wheat Oatmeal, Cream of Rice)	1/2 cup
Cornmeal (dry)	2 1/2 tbsp
†Grape Nuts	3 Tbsp.
Grits (cooked)	1/2 cup
†Kashi	1/2 cup
Other ready-to-eat, unsweetened (plain) cereals	3/4 cup
Pasta (cooked)	1/2 cup
Puffed cereal	1 1/2 cups
Rice, white or brown (cooked)	1/3 cup
Shredded wheat	1/2 cup
†Wheat germ	3 Tbsp
†=High fiber	

## I. STARCH / BREADS, CEREALS, GRAIN GROUP

### STARCHY VEGETABLES

†Baked beans	1/4 cup
Corn	1/2 cup
†Corn on the cob, 6 in.	1 long
†Lima beans	1/2 cup
Lentils (dried beans, peas or lentils)	1/3 cup
Parsnips	2/3 cup
†Peas, green (canned or frozen)	1/2 cup
Plantain	1/2 cup
Popcorn, air-popped, no added fat	3 cups
†Potato, baked or steamed	1 small (3 oz)
†Potato, mashed	1/2 cup
Squash, winter (acorn, butternut)	1 cup
Yam, sweet potato canned or fresh	1/3 cup

### FLOURS

Cornstarch	2 Tbsp.
Flour	2 1/2 Tbsp.

### CRACKERS/SNACKS

Animal crackers	8
Graham crackers, 2 1/2 in. square	3
Matzoh	3/4 oz
Melba toast, oblong	5 slices
Popcorn (hot air popped or microwave, no fat added)	3 cups
Pretzels	3/4 oz
Rice cakes	2
Ritz or Saltines	6
Rye crisp (2 in. x 3 1/2 in.)	4
Whole-wheat crackers, no fat added or thin crisp breads	2-4 slices (3/4 oz)

### STARCHY FOODS PREPARED WITH FAT

**These foods count as 1 serving of starch/bread serving and 1 serving of fat serving**

Biscuit, 2 1/2 "	1
Chow mein noodles	1/2 cup
Corn bread, 2" cube	1 (2 oz)
French-fried potatoes (2 in. to 3 1/2 in. long)	10 (1 1/2 oz)
Muffin, plain,	1 small
Pancake, 4 " across	2
Stuffing, bread (prepared)	1/4 cup
Taco shell, fried, 6"	1
Waffle, 4 1/2 " square	1 square
Whole-wheat crackers, fat added (such as Triscuits)	4-6 (1 oz)

†=High fiber

## II. THE MEAT / PROTEIN GROUP

Choose lowfat cuts of meat and lowfat cheeses, trim the fat from meats whenever possible. Remove the skin from poultry to cutback fat calories. When preparing meats or poultry, DO NOT add flour, breadcrumbs or coating mixes, this adds unnecessary calories and extra carbohydrate.

<b>Lean ( 7 grams of protein, 3 grams of fat, 55 calories )</b>	<b><i>One serving equals:</i></b>
<u>Beef</u> : USDA Good or Choice grades, round, sirloin, flank ,tenderloin <u>Pork</u> : Fresh canned, cured, or boiled ham, Canadian bacon, tenderloin <u>Poultry</u> : Chicken, turkey, Cornish hen (without skin) <u>Fish</u> : All fresh and frozen fish	1 oz
Tuna (canned in water), crab, lobster, scallops	2 oz
Cheese, Cottage	1/4 cup
Cheese grated parmesan	2 tbsp
Cheese, diet (with fewer than 55 calories per ounce)	1 oz
95% fat-free luncheon meat	1 oz
Egg whites	3
Egg substitutes (fewer than 55 calories per 1/4 cup)	1/4 cup
<b>Medium-Fat ( 7 grams of protein, 5 grams of fat, 75 calories)</b>	
<u>Beef</u> Ground beef, rib, chuck, rump, Porterhouse, T-bone, and meat loaf. <u>Pork</u> Most pork. Chops, loin roast, Boston butt, and cutlets <u>Lamb</u> Most lamb products. Chops, leg, roast) <u>Poultry</u> Chicken (with skin), duck or goose (well drained of fat), ground turkey <u>Organs</u> Heart, kidney, sweetbreads	1 oz
Fish Salmon (canned) or tuna (canned in oil and drained)	1/4 cup
Cheese Mozzarella or diet (with 56-80 calories per ounce)	1 oz
86% fat-free luncheon meat	1 oz
Egg ( limit to 3 per week)	1
Egg substitutes (with 56-80 calories per 1/4 cup)	1/4 cup
Tofu (2 1/2 in. x 2 3/4 in. x 1 in.)	4 oz
<b>High-Fat ( 7 grams of protein, 8 grams of fat, 100 Calories )</b>	
<u>Beef</u> Most USDA Prime cuts of beef, such as ribs, corned beef <u>Pork</u> Spareribs, ground pork, pork sausage (patty or link) <u>Lamb</u> Patties (ground lamb) <u>Fish</u> Any fried fish product <u>Cheese</u> All regular cheese. American, Blue, Cheddar, Monterey, Swiss <u>Other</u> Luncheon meat. Bologna, salami, Sausage, Knockwurst	1 oz
Frankfurter (turkey or chicken)	(10/lb) 1 frank
Frankfurter (beef or pork) . Counts as one high-fat meat plus 1 fat exchange	(10/lb) 1 frank
Peanut butter (contains unsaturated fat)	1 Tbsp.

### III. VEGETABLE GROUP

Look for the high fiber (†) vegetables when creating your meal.

Each vegetable exchange contains about 5 gram of carbohydrate, 2 grams of protein, no fat, and 25 Calories.

Unless stated otherwise one exchange (serving) equals:

**1/2 cup of cooked vegetables or vegetable juice**  
**1 cup of raw vegetables**

Choose 2-4 vegetables daily:

Artichoke (1/2 medium)	Greens (†collard, mustard, turnip, kale)	String beans
Asparagus	Jicama	Summer squash (crookneck)
Beans (green, wax, Italian)	Kohlrabi	Tomato, medium
Bean sprouts	Leeks	Tomato, cherry (6)
Beets	Mixed vegetables	Tomato/vegetable juice
†Broccoli	Mushrooms, cooked	Turnips
†Brussels sprouts	Okra	V-8 juice (1 cup)
Cabbage, cooked	Onions	Water chestnuts
†Carrots	Pea pods (snow peas)	Wax beans
Cauliflower	Rhubarb	Zucchini, cooked
Chayote	Rutabaga	
Eggplant	Sauerkraut	
Green peppers	†Spinach, cooked	

†=High fiber

Starchy vegetables such as corn, peas, and potatoes are found on the Starch/Bread Group.

For "free" vegetables (i.e., fewer than ten calories per serving), see the Free Food List.

## IV. THE FRUIT GROUP

Use fresh fruits daily. Limit the use of unsweetened or canned fruits.  
Look for high fiber (†) fruits when creating your meal plan.

Each fruit exchange (serving) contains about 15 grams of carbohydrate and 60 Calories

Unless otherwise noted, the serving size for one fruit serving is:

**1/2 cup of fresh fruit or fruit juice**

**1/4 cup dried fruit**

### Fruit

†Apple, fresh with skin	One serving equals: 1 small (2" diameter or 1/2 large)
Applesauce (unsweetened)	1/2 cup
Apricots, fresh	2 medium or 4 halves
Apricots, canned, unsweetened	4 halves
Banana, raw	1/2 small
Berries:	
†Blackberries, boysenberries, blueberries, raspberries (raw)	3/4 cup
strawberries, whole	1 1/4 cup
Cherries, large raw	12 whole
Unsweetened canned cherries	1/2 cup
†Dates, fresh or dried	2 1/2
†Figs raw, 2 " across	2
Fruit cocktail, unsweetened	1/2 cup
Grapefruit, fresh	1/2 medium
Grapes, fresh	15
Guava	1 small
Honeydew melon (medium)	1/8
Honeydew melon (cubes)	1 cup
†Kiwi, fresh	1 small
Mandarin oranges	3/4 cup
†Mango, fresh	1/2 small
Melons:	
Cantaloupe, honeydew; fresh	1 cup
Casaba or watermelon, cubed	1 1/4/cup
†Nectarines (small)	1
Oranges, fresh	1 small
†Papaya, fresh	1/2 cup or 1 medium
Peach, 2 3/4 " across	1
Peaches, canned, unsweetened	2 halves
†Pear, fresh	1 small or 1/2 large
Pears (canned) (2 halves)	1/2 cup
Persimmon, fresh	1medium
† = High fiber	

## IV. THE FRUIT GROUP

### **Fruit**

Pineapple, fresh  
Pineapple, canned in its own juice  
Plum, 2 " across)  
†Pomegranate  
Tangerine  
Tangelo, fresh  
Watermelon (cubes)  
Prune juice

### One serving equals:

3/4 cup  
1/3 cup  
2  
1/2  
1 large or 2 small  
1 medium  
1 1/4 cups  
1/3 cup

### **†Dried Fruit**

†Apples  
†Apricots  
Dates (medium)  
†Figs  
Peah  
†Prunes  
†Raisins

4 rings  
7 halves  
2 1/2  
1 1/2  
2 halves  
3 medium  
2 Tbsp.

No fruit juices, unless otherwise directed by your physician or nurse

### **Fruit Juice**

Apple juice/cider  
Cranberry juice cocktail  
Grapefruit juice  
Grape juice  
Orange juice  
Pineapple juice  
Prune juice

1/2 cup  
1/3 cup  
1/2 cup  
1/3 cup  
1/2 cup  
1/2 cup  
1/3 cup

† = High fiber

## V. THE MILK GROUP

Choose nonfat milk whenever possible.

Each milk exchange contains about twelve grams of carbohydrate and eight grams of protein.

- Each skim or nonfat milk serving also contains zero to three grams fat and 90 calories.
- Each Low-Fat milk serving also contains five grams of fat and 120 calories.
- Each whole milk serving also contains eight grams of fat and 150 calories.

### **Skim and Very Low-Fat Milk**

Skim milk

1/2% milk

1% milk

Low-fat buttermilk

Evaporated skim milk

Dry nonfat milk

Plain nonfat yogurt

### **Low-Fat Milk**

2% milk

Plain low-fat yogurt

### **Whole Milk**

Whole milk

Evaporated whole milk

Whole milk plain yogurt

### **One serving equals**

1 cup (8 oz.)

1 cup (8 oz.)

1 cup (8 oz.)

1 cup (8 oz.)

1/2 cup (4 oz.)

1/3 cup

1 cup (8 oz.)

1 cup (8 oz.)

1 cup (8 oz.)

1 cup (8 oz.)

1/2 cup (4 oz.)

1 cup (8 oz.)

## VI. THE FAT GROUP

Each fat exchange (serving) contains about five grams of fat and forty-five calories.

All fats are high in calories and should be carefully measured. Choose mostly unsaturated fats in your meal preparation. Unsaturated fats come from plant sources, saturated fats come from mainly animal sources. Read food labels to distinguish which fats are found in foods that you are using. To help reduce fat calories, choose low fat products whenever possible.

### **Unsaturated Fats**

	<b><u>One serving equals</u></b>
Avocado ,small	1 slice or 2 Tbsp.
Margarine	1 tsp.
Margarine, diet	2 tsp.
Mayonnaise	1 tsp.
Mayonnaise, diet	2 tsp.
Oils (canola and olive oil are recommended)	1 tsp.
Olives	10 small or 5 large
Salad dressings	2 tsp.
Nuts and Seeds:	
Almonds or Virginia peanuts	10
Chopped almonds or pecans	1 Tbsp.
Brazil nuts or butter nuts	2 medium
Filberts or hickory nuts	5
Pecans or walnuts	4 halves
Spanish peanuts or pistachios	20

Note: Nuts and seeds are very high in calories for very small portions

### **Saturated Fats**

Bacon	1 slice
Butter	1 tsp.
Coconut, fresh	2 Tbsp.
Cream or sour cream	2 Tbsp.
Gravy	2 Tbsp.
Lard or shortening	1 tsp.
Palm or coconut oil	1 tsp.
Sausage	1/2/oz. or 1/2 link