







# Food exchange guide









QUICK GUIDE TO FOOD EXCHANGES AND CARBOHYDRATE COUNTING

In the food exchange system, foods are grouped into food lists according to their carbohydrate, protein, and fat content. Foods within each list contain similar amounts of total calories, carbohydrate, protein, and fat. Your dietitian can help you identify how many servings you need for your meal plan.

Fruits	
<i>(15 grams Carbohydrate and 60 calories per serving)</i>	
	Serving Size
Dried Fruit	¼ Cup
Canned or Frozen fruit (unsweetened)	½ Cup
<b>Fresh Fruit</b>	
Apple, raw	1 Each
Apple sauce	½ Cup
 Banana, medium	½ Each
 Berries (boysenberries, raspberries)	1 Cup
 Berries (blackberries, blueberries)	¾ Cup
Cantaloupe and honey dew melon	1 Cup
Cherries, Raw	12 Each
Grapefruit, medium	½ Each
Grapes, small	15 Each
Mandarin Oranges	¾ Cup
Mango, small	½ Each
Orange, medium	1 Whole
Papaya	1 Cup
Peach or pear, medium	1 Whole
Pineapple	¾ Cup
Plums, raw	2 Each
Raisins	2 Tbsp
Watermelon	1 ¼ Cup

Non- Starchy Vegetables	
<i>(5 grams carbohydrate, 2 grams protein, and 25 calories per serving)</i>	
1 serving : ½ Cup cooked vegetables or vegetable juice , or 1 Cup of raw vegetables	
Artichoke (and hearts)	Mixed vegetables (without corn or peas)
Asparagus	Mushrooms, all kinds, fresh
Baby corn	Okra
Beans (wax, green, Italian)	Onions
Bean Sprouts	Oriental radish, or Daikon
Beets	Pea Pods
Broccoli	Peppers, All Varieties
Brussels Sprouts	Radishes
Cabbage (green, purple, Bok Choy)	Rutabaga
Carrots	Sauerkraut
Cauliflower	Soybean Sprouts
Celery	Spinach
Chayote	Squash (Summer, crookneck, Zucchini)
Cucumber	Sugar pea snaps
Eggplant	Swiss Chard
Green onion or scallions	Tomato (Fresh or Canned) Sauce
Greens (Collard, Kale, Mustard, Turnip)	 Tomato/Vegetable Juice
Jicama	Turnips
Leeks	Water Chestnuts
	Yard long beans

 = Good source of fiber      Tbsp = Tablespoon  
 = High in Salt      tsp = Teaspoon  
 Oz. = Ounce

<b>Starches/ Breads</b>	
<i>(15 grams carbohydrate, 3 grams protein, 1 gram fat, and 80 calories per serving)</i>	
<b>Cereals/Beans/Grains/Pasta</b>	<b>Serving Size</b>
 Beans; Cooked or Canned (all kinds)	1/3 Cup
Cereal; Cooked  (Bran, oatmeal, grits, Cream of wheat, rice, etc)	1/2 Cup
Cereal; Dry (less than 100 calories per serving, serving size may vary)	see box
Couscous; cooked.	1/3 Cup
Pasta; Cooked (all kinds)	1/2 Cup
Rice; Cooked (all kinds)	1/3 Cup
Quinoa; Cooked	1/3 Cup
Wild Rice; Cooked	1/2 Cup
<b>Starchy Vegetables</b>	
 Corn; Cooked or Canned	1/2 Cup
Corn on the cob (6" piece)	1
 Peas(green); Cooked or Canned	1/2 Cup
Potato: Baked w/Skin Boiled; all kinds Mashed French fried or oven baked	1/4 (3 oz) 1/2 Cup (3 oz) 1/2 Cup (3 oz) 1 Cup (2 oz)
 Squash (winter, acorn, Hubbard)	1 Cup
Yam or Sweet Potato	1/2 Cup
<b>Bread</b>	
Bagel, large	1/4 (1 oz)
Biscuit, 2 1/2" across	1
Bread: White, Whole grain, Whole Wheat, Pumpernickel	1 slice (1 oz)
 Reduced Calorie Bread	2 slices (1.5 oz)
Cornbread 1.75 inch square	1 (1.5 oz)
English Muffin	1/2
Hot Dog or Hamburger Bun	1/2 (1 oz.)
Pancake 4" across, 1/4 " thick	1
Pita Bread ( 6-8" across)	1/2
Roll, plain, small	1 (1oz.)
Tortilla (6" Corn- 8" Flour)	1
<b>Crackers/Snacks</b>	
 Crackers and pretzels (80 Calories/serving)	4-6 (3/4 oz)
Graham Crackers. 2.5 " Square	3
 Popcorn (all kinds)	3 Cups
<b>Beans, Peas and Lentils</b>	
Baked Beans	1/3 Cup
Beans, cooked (Black, Garbanzo, Kidney, Lima, Navy, Pinto, Refried, White)	1/2 Cup
Lentils, cooked (brown, green, yellow)	1/2 Cup
Peas, cooked (Black-eyed, Split)	1/2 Cup

Milk and Milk Products	
<b>Skim milk and Skim milk products</b> <i>(12 grams carbohydrate, 8 grams protein, 1 gram fat, and 90-110 calories per serving)</i>	
	<b>Serving Size</b>
Buttermilk, low-fat	1 Cup
Hot Cocoa from mix	1 envelope
Skim, ½% and 1% milk	1 Cup or ½ Cup for chocolate
Soy Milk (low-fat, fat-free, plain)	1 Cup
Yogurt(non fat, plain, or artificially sweetened)	1 Cup
<b>Low-Fat milk and Low-Fat milk products</b> <i>(12 grams carbohydrate, 8 grams protein, 3 or more grams fat, and 120-150 calories per serving)</i>	
2 % Milk (chocolate)	1 Cup or ½ Cup for chocolate
Yogurt (low-fat, plain)	1 Cup
<b>Whole milk and Whole milk products</b> <i>(12 grams carbohydrates, 8 grams protein, 5 or more grams fat, and 150-170 calories per serving)</i>	
Whole Milk (chocolate)	1 Cup or ½ Cup for chocolate
Yogurt, regular, plain	1 Cup

Fats			
<i>(5 grams fat and 45 calories per serving)</i>			
Monounsaturated Fats	Serving size	Saturated Fats	Serving Size
Avocado ( 2 Tbsp)	1 oz	Bacon, cooked Regular or turkey	1 slice
Nut butters; Almond, Cashew, Peanut Butter	1½ tsp.		Butter: Reduced- Fat
Tahini or Sesame Paste	2 tsp.	Stick	1 tsp.
		Whipped	2 tsp.
Nuts: Pistachios	16 Each	Butter blends/ w oil	
Peanuts	10 Each	Reduced-fat or light	1 Tbsp.
Almond, Macadamia	6 Each	Regular	1½ tsp.
Hazelnuts	5 Each	Coconut, Sweetened,	2 Tbsp.
Pecans	4 Halves	Shredded	
Brazil	2 Each		
Oil: Canola, Olive, Peanut	1 tsp.	Coconut Milk: Light	1/3 Cup
Olives: Black (ripe) (large)	8 Each	Regular	1½ Tbsp.
Green, Stuffed (large)	10 Each	Cream: Half and Half	2 Tbsp.
		Heavy	1 Tbsp.
		Light	1 ½ Tbsp.
		Whipped	2 Tbsp.
Polyunsaturated Fats	Serving Size		
Margarine: Low fat (30-50% vegetable oil)	1 Tbsp	Cream Cheese; Regular	1 Tbsp.
Mayonnaise: Reduced- Fat	1 Tbsp.	Reduced-Fat	1½ Tbsp.
Regular	1 tsp.	Lard	1 tsp.
Nuts: Pignolia (pine nuts)	1 Tbsp.		
Walnuts, English	4 Halves		
Oil: Corn, grape seed, safflower, soybean, sunflower	1 tsp.	Oil: Coconut, palm, palm kernel	1 tsp.
Salad dressing: Reduced- Fat	2 Tbsp.	Salt pork	¼ oz
Regular	1 Tbsp.	Sour Cream: Regular	2 Tbsp.
		Reduced-fat/ Light	3 Tbsp.
Seeds: Flaxseed (whole), pumpkin, sunflower, sesame	1 Tbsp.		

## Meat and Meat-Substitutes

<b>Lean Meats</b> <i>(7 grams protein, 3 grams fat, and 55 calories)</i>	<b>Serving size</b>	<b>Medium-Fat Meats</b> <i>(7 grams protein, 5 grams fat, and 70 calories)</i>	<b>Serving size</b>
🥩 Beef Jerky	1 oz	🥩 Beef: Corned beef, meatloaf, prime grades, short ribs, tongue	1 oz
🧀 Cheese (1-2 grams fat/ oz)	1 oz		
Cottage Cheese	¼ Cup	🧀 Cheese (4-7 grams fat/ oz )	1oz
Lean Beef: Select or Choice grades trimmed of fat: ground round, roast (chuck, rib, rump), round, sirloin, steak(cubed, flank, porterhouse, T-bone)	1 oz	Egg	1 Each
		Fish: any fried product	1 oz
		Lamb: ground, rib roast	1 oz
		Pork: Cutlet, shoulder roast	1 oz
Fish, fresh or frozen: catfish, haddock, halibut, herring, orange roughy, salmon, tilapia, trout	1 oz	Poultry, with skin: chicken, pheasant, duck or goose, ground turkey	1 oz
		Ricotta Cheese (1/4 cup)	2 oz
Game: Buffalo, ostrich, venison, rabbit	1 oz	Sausage (4-7 grams fat/oz)	1 oz
Lamb: chop, leg, or roast	1 oz	Veal Cutlet (no breading)	1 oz
Pork: rib, loin chop, tenderloin	1 oz	<b>High-Fat Meats</b> <i>(7 grams protein, 8 grams fat and 100 calories per serving)</i>	
Poultry, no Skin: Cornish Hen. Chicken, duck or goose, turkey	1 oz		
🥩 Processed Sandwich meats with 3 grams fat or less	1 oz	🥩 Bacon: Pork	2 slices
		🥩 Turkey	3 slices
Salmon, Canned	1 oz	🧀 Cheese: American, Bleu, Brie, Cheddar Goat, Monterey jack, Swiss	1 oz
Shellfish: clams, crab, lobster, scallops, shrimp	1 oz	🥩 Hot Dog: any	1 each
		Pork: Ground sausage, Spare Ribs	1 oz
Tuna, canned in oil, drained	1 oz	🥩 Processed Sandwich meat (8 grams fat +)	1 oz
Veal, lean chop, roast	1 oz	🥩 Sausage (8 grams fat +)	1 oz