

FOOD EXCHANGE LIST

Carb & Prot = 4 cal/g, Fat = 9 cal/g

		Carbs	Protein	Fat	
Carbohydrate Group	Calories	grams	grams	grams	
Starch	80	15	3	<1	
Fruit	60	15			
Milk					
Skim	90	12	8	0-3	
Low-fat	120	12	8	5	
Whole	150	12	8	8	
Other carbohydrates	varies	15	varies	varies	
Vegetables	25	5	2		
Meat and Meat Substitute Group					
Very lean	35		7	0-1	
Lean	55		7	3	
Medium-fat	75		7	5	
High-fat	100		7	8	
Fat Group	45			5	
Breads					
	Portion	Amount	Carbs	Protein	Fat
Bagel, 4 oz	1/4	1 oz	1		
Bread sticks, crisp 4" X 1"	4	2/3 oz	1		
Bread, reduced-calorie	2 slices	1 1/2 oz	1		
Bread, white, whole-wheat, rye, pumpernickel	1 slice	1 oz	1		
English muffin	1/2		1		
Hot dog bun or hamburger bun	1/2	1 oz	1		
Naan, 8" X 2 "	1/4		1		
Pancake, 4" across, 1/4" thick	1		1		
Pita, 6" across	1/2		1		

FOOD EXCHANGE LIST

Raisin bread, unfrosted	1 slice	1 oz	1
Roll, plain, small	1	1 oz	1
Tortilla, corn 6" across	1		1
Tortilla, flour, 10" across	1/3		1
Tortilla, flour, 6" across	1		1
Waffle, 4" square or across, reduced fat	1		1

Cereals & Grains

Bran cereal	1/2 cup		1
Bulgur	1/2 cup		1
Cereals, cooked	1/2 cup		1
Cereals, unsweetened, ready-to-eat	3/4 cup		1
Cereal, Raisin bran	1/2 cup		1
Cornmeal, dry	3 tlbs		1
Couscous	1/3 cup		1
Flour, dry	3 tlbs		1
Granola, low-fat	1/4 cup		1
Grape-Nuts	1/4 cup		1
Grits	1/2 cup		1
Kasha	1/2 cup		1
Millet	1/3 cup		1
Muesli	1/4 cup		1
Oats	1/2 cup		1
Pasta, macaroni, egg noodles	1/3 cup		1
Puffed cereal	1 1/2 cup		1
Rice, white or brown	1/3 cup		1
Shredded Wheat	1/2 cup		1
Sugar-frosted cereal	1/2 cup		1
Wheat germ	3 tlbs		1

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Crackers & Snacks

Count as 1 CHO, 1 Pro

Animal crackers	8		1	1
Graham cracker 2 1/2" squares	3		1	1
Matzoh	3/4 oz		1	1
Melba toast	4 slices		1	1
Oyster crackers	20		1	1
Popcorn, no fat or low fat microwave	3 cups		1	1
Pretzels	3/4 oz		1	1
Rice cakes, 4" across	2		1	1
Saltine-type crackers	6		1	1
Snack chips, fat free or baked	15-20	3/4 oz	1	1
Whole-wheat crackers, no added fat	2-5	3/4 oz	1	1

Vegetables, Starchy; Beans, Peas, Lentils

Baked beans	1/3 cup		1	
Beans and peas, garbanzo, pinto, kidney, split	1/2 cup		1	
Corn	1/2 cup		1	
Corn on the cob	1/2 cob	5 oz	1	
Lentils	1/2 cup		1	
Lima beans	2/3 cup		1	
Miso	3 tlbs		1	
Mixed vegetables with corn, peas, or pasta	1 cup		1	
Peas, green	1/2 cup		1	
Plantain	1/2 cup		1	

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Potato, baked, skin on	1/4 large	3 oz	1
Potato, boiled	1/2 cup	3 oz	1
Potato, mashed	1/2 cup		1
Squash, winter, acorn, butternut, pumpkin	1 cup		1
Yam, sweet potato, plain	1/2 cup		1
Vegetables, Non-starchy	Raw	Cooked	
Artichoke	1 cup	1/2 cup	1
Artichoke hearts	1 cup	1/2 cup	1
Asparagus	1 cup	1/2 cup	1
Bean sprouts	1 cup	1/2 cup	1
Beans, green, wax, Italian	1 cup	1/2 cup	1
Beets	1 cup	1/2 cup	1
Broccoli	1 cup	1/2 cup	1
Brussel sprouts	1 cup	1/2 cup	1
Cabbage	1 cup	1/2 cup	1
Carrots	1 cup	1/2 cup	1
Cauliflower	1 cup	1/2 cup	1
Celery	1 cup	1/2 cup	1
Cucumber	1 cup	1/2 cup	1
Eggplant	1 cup	1/2 cup	1
Green onions or scallions	1 cup	1/2 cup	1
Greens, collard, kale, mustard, turnip	1 cup	1/2 cup	1
Kohlrabi	1 cup	1/2 cup	1
Leeks	1 cup	1/2 cup	1
Mixed vegetables, without corn, peas or pasta	1 cup	1/2 cup	1
Mushrooms	1 cup	1/2 cup	1
Okra	1 cup	1/2 cup	1
Onions	1 cup	1/2 cup	1

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Pea pods	1 cup	1/2 cup	1		
Peppers, all varieties	1 cup	1/2 cup	1		
Radishes	1 cup	1/2 cup	1		
Salad greens	1 cup	1/2 cup	1		
Sauerkraut	1 cup	1/2 cup	1		
Spinach	1 cup	1/2 cup	1		
Summer squash	1 cup	1/2 cup	1		
Tomato	1 cup	1/2 cup	1		
Tomato sauce	1 cup	1/2 cup	1		
Tomato/vegetable juice	1 cup	1/2 cup	1		
Tomatoes, canned	1 cup	1/2 cup	1		
Turnips, Water chestnuts	1 cup	1/2 cup	1		
Watercress	1 cup	1/2 cup	1		
Zucchini	1 cup	1/2 cup	1		
Starchy Foods Prepared with Fat					
Count as 1 CHO, 1 Fat			1		1
Biscuit, 2 1/2" across	1		1		1
Chow mein noodles	1/2 cup		1		1
Corn bread, 2" cube	1	2 oz	1		1
Crackers, round butter type, Ritz	6		1		1
Croutons	1 cup		1		1
French-fried potatoes oven baked	1 cup		1		1
Granola	1/4 cup		1		1
Hummus	1/3 cup		1		1
Muffin	1/5	1 oz	1		1
Popcorn, microwaved	3 cups		1		1
Sandwich crackers, cheese or peanut butter filling	3		1		1
Snack chips (potato, tortilla)	9-13	3/4 oz	1		1

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Stuffing, bread (prepared)	1/3 cup		1	1
Taco shell, 5" across	2		1	1
Waffle, 4" square or round	1		1	1
Whole-wheat crackers, fat added	4-7	1 oz	1	1
Fruits				
Apple juice, apple cider	1/2 cup		1	
Apple, small	1	4 oz	1	
Apples, dried	4 rings		1	
Applesauce, unsweetened	1/2 cup		1	
Apricots, dried	8 halves		1	
Apricots, fresh	4 whole	5 1/2 oz	1	
Banana, small	1	4 oz	1	
Blackberries	3/4 cup		1	
Blueberries	3/4 cup		1	
Cantaloupe, small	1 cup	11 oz	1	
Cherries, sweet, canned	1/2 cup		1	
Cherries, sweet, fresh	12	3 oz	1	
Cranberry juice	1/3 cup		1	
Cranberry juice cocktail, reduced-calorie	1 cup		1	
Dates	3		1	
Figs, dried	1 1/2		1	
Figs, fresh	2 med	3 1/2 oz	1	
Fruit cocktail	1/2 cup		1	
Fruit juice blends, 100% juice	1/3 cup		1	
Grape juice	1/3 cup		1	
Grapefruit juice	1/2 cup		1	
Grapefruit sections, canned	3/4 cup		1	
Grapefruit, large	1/2	11 oz	1	

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Grapes, small	17	3 oz	1
Honeydew melon	1 slice	10 oz	1
Kiwi	1	3 1/2 oz	1
Mandarin oranges, canned	3/4 cup		1
Mango, small	1/2 fruit	5 1/2 oz	1
Nectarine, small	1	5 oz	1
Orange juice	1/2 cup		1
Orange, small	1	6 1/2 oz	1
Papaya	1/2 fruit	8 oz	1
Peach, medium, fresh	1	6 oz	1
Peaches, canned	1/2 cup		1
Pear, large, fresh	1/2 4 oz		1
Pears, canned	1/2 cup		1
Pineapple juice	1/2 cup		1
Pineapple, canned	1/2 cup		1
Pineapple, fresh	3/4 cup		1
Plums, canned	1/2 cup		1
Plums, dried (prunes)	3		1
Plums, small	2	5 oz	1
Prune juice	1/3 cup		1
Raisins	2 Tlbs		1
Raspberries	1 cup		1
Strawberries, whole, fresh	1/14 cup		1
Tangerines, small	2	8 oz	1
Watermelon	1 1/4 cups	13 1/2 oz	1

Sweets, Desserts, Other Carbohydrates

FOOD EXCHANGE LIST

Count as 1 CHO

			1
Angle food cake, unfrosted	1/2 slice	1 oz	1
Cranberry sauce, jellied	1/5 cup	1 1/2 oz	1
Fruit juice bars, frozen, 100% juice	1	3 oz	1
Fruit snacks, chewy, pureed fruit concentrate	1 roll	3/4 oz	1
Fruit spread, 100% fruit	1 1/2 tlbs		1
Gelatin, regular	1/2 cup		1
Gingersnaps	3		1
Granola or snack bar, low-fat		3/4 oz	1
Honey	1 tlbs		1
Ice cream, fat-free	1/2 cup		1
Ice cream, low-fat	1/3 cup		1
Jam or jelly, regular	1 tlbs		1
Pudding, regular, reduced-fat milk	1/4 cup		1
Pudding, sugar-free, fat-free milk	1/2 cup		1
Rice milk, low-fat or fat-free, plain	1 cup		1
Rice milk, low-fat, flavored	3/4 cup		1
Salad dressing, fat-free	1/4 cup		1
Sherbet, sorbet	1/4 cup		1
Sports drink	1 cup		1
Sugar	1 tlbs		1
Syrup, light	2 tlbs		1
Syrup, regular	1 tlbs		1
Yogurt, frozen, fat-free	1/3 cup		1
Yogurt, frozen, fat-free with fruit	1/3 cup		1

Sweets, Desserts, Other Carbohydrates

FOOD EXCHANGE LIST

Count as 1 CHO, 1 FAT

Brownie, unfrosted	2" square	1 oz	1	1
Cake, frosted	1 1/4" sq	3/4 oz	1	1
Cake, unfrosted	2" square	1 oz	1	1
Cookie	2 small	2/3 oz	1	1
Cookie, sugar-free	1-3	7/8 oz	1	1
Cupcake, frosted	1/2 small	1 oz	1	1
Doughnut, glazed	1/3	1 oz	1	1
Doughnut, plain cake	1 small	1 oz	1	1
Energy, sport, breakfast bar		1 oz	1	1
Fruit cobbler		1oz	1	1
Ice cream	1/3 cup		1	1
Ice cream, light	1/2 cup		1	1
Milk, chocolate, whole	3/4 cup		1	1
Pie, fruit, 2-crust	1/12 of 8"		1	1
Pie, pumpkin or custard	1/16 of 8"		1	1
Spaghetti or pasta sauce, canned	1/2 cup		1	1
Sweet roll or Danish	1/2	1 oz	1	1
Vanilla wafers	5		1	1
Yogurt, frozen	1/2 cup		1	1

Milk, Fat-Free & Low-Fat Milk

Count as 1 CHO, 1 Pro

Buttermilk, low-fat or fat-free	1 cup		1	1
Fat free milk	1 cup		1	1
Milk, 1%	1 cup		1	1
Milk, 1/2%	1 cup		1	1

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Milk, evaporated fat-free	1/2 cup	1	1	
Milk, fat-free dry milk, measured dry	1/3 cup	1	1	
Soy milk, low-fat or fat-free	1 cup	1	1	
Yogurt, fat-free, flavored, nonnutritive sweetener	6 oz	1	1	
Yogurt, fat-free, plain	6 oz	1	1	
Milk, Reduced-Fat Milk				
Count as 1 CHO, 1 Pro, 1 Fat				
Milk, 2%	1 cup	1	1	1
Soy milk	1 cup	1	1	1
Sweet acidophilus milk	1 cup	1	1	1
Yogurt, plain low-fat	6 oz	1	1	1
Milk, Whole Milk				
Count as 1 CHO, 1 Pro, 1 1/2 Fat				
Kefir	1 cup	1	1	1 1/2
Milk, evaporated whole	1/2 cup	1	1	1 1/2
Milk, goat's	1 cup	1	1	1 1/2
Whole milk	1 cup	1	1	1 1/2
Yogurt, plain, whole milk	8 oz	1	1	1 1/2
Meat & Meat Substitute, Very Lean				
Count as 1 Pro				
Cheese, fat-free	1 oz		1	
Chicken or turkey, white meat, no skin	1 oz		1	
Cornish hen	1 oz		1	
Cottage cheese, low-fat	1/4 cup		1	
Egg substitutes, plain	1/4 cup		1	

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Egg whites	2		1	
Fish, cod, flounder, haddock, trout, lox, tuna		1 oz	1	
Game: wild duck, pheasant, bison, venison, ostrich		1 oz	1	
Hot dog with < 1g fat per oz		1 oz	1	
Kidney		1 oz	1	
Sandwich meats with < 1g fat per oz		1 oz	1	
Sausage with < 1 g fat per oz		1 oz	1	
Shellfish, clams, crab, lobster, shrimp, scallops		1 oz	1	
Meat & Meat Substitute, Lean				
Count as 1 Pro, 1/2 Fat			1	1 1/2
Beef, select or choice, trimmed of all fat		1 oz	1	1 1/2
Cheese, < 3 g fat per oz		1 oz	1	1 1/2
Cheese, Parmesan	2 Tlbs		1	1 1/2
Cottage cheese, whole-milk	1/4 cup		1	1 1/2
Duck or goose, drained, no fat, no skin		1 oz	1	1 1/2
Fish: Herring, salmon, tuna in oil		1 oz	1	1 1/2
Game: Goose skinned, rabbit		1 oz	1	1 1/2
Hot dogs, < 3 g fat per oz		1 1/2 oz	1	1 1/2
Lamb, roast, chop or leg		1 oz	1	1 1/2
Liver, heart		1 oz	1	1 1/2
Oysters	6 med		1	1 1/2
Pork, lean, fresh ham, Canadian bacon, chops		1 oz	1	1 1/2
Poultry, chicken dark meat, white meat with skin		1 oz	1	1 1/2
Sandwich meats with < 3 g fat per oz		1 oz	1	1 1/2

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Sardines	2 med		1	1 1/2
Veal, lean chop, roast		1 oz	1	1 1/2
Meat & Meat Substitute, Medium-Fat				
Count as 1 Pro, 1 Fat			1	1
Beef (most beef products), ground beef, prime beef		1 oz	1	1
Cheese with < 5 gm fat per oz, feta		1 oz	1	1
Cheese, ricotta	1/4 cup	2 oz	1	1
Fish, fried		1 oz	1	1
Lamb, rib roast, ground		1 oz	1	1
Pork, top loin, chop, Boston butt, cutlet		1 oz	1	1
Poultry, dark meat with skin, ground chicken, fried		1 oz	1	1
Egg, whole	1		1	1
Sausage with < 5 g fat per oz		1 oz	1	1
Tempeh	1/4 cup		1	1
Tofu	1/2 cup	4 oz	1	1
Veal, cutlet, ground		1 oz	1	1
Meat & Meat Substitute, High-Fat				
Count as 1 Pro, 1 1/2 Fat			1	1 1/2
Bacon	3 slices		1	1 1/2
Cheese, all regular cheeses		1 oz	1	1 1/2
Hot dog	1		1	1 1/2
Peanut butter	1 tlbs		1	1 1/2
Polish sausage		1 oz	1	1 1/2
Pork spareribs, ground pork, pork sausage, SPAM		1 oz	1	1 1/2
Sandwich meats, salami		1 oz	1	1 1/2

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Fats, Monounsaturated

Avocado	2 tlbs	1
Nuts, almonds, cashews, mixed	6 nuts	1
Oil, canola, olive, peanut	1 tsp	1
Olives, green, stuffed	10 large	1
Olives, ripe, black	8 large	1
Peanut butter, smooth or crunchy	1/2 tlbs	1
Peanuts	10 nuts	1
Pecans	4 halves	1
Sesame seeds	1 tlbs	1
Tahini or sesame paste	2 tsp	1

Fats, Polyunsaturated

Margerine, lower-fat spread	1 tlbs	1
Margerine, stick, tub, or squeeze	1 tsp	1
Mayonnaise, reduced fat	1 tlbs	1
Mayonnaise, regular	1 tsp	1
Miracle Whip Salad Dressing	2 tsp	1
Miracle Whip Salad Dressing, reduced fat	1 tlbs	1
Nuts, walnuts, English	4 halves	1
Oil, corn, safflower, soybean	1 tsp	1
Salad dressing, reduced-fat	2 tlbs	1
Salad dressing, regular	1 tlbs	1
Seeds, pumpkin, sunflower	1 tlbs	1

Fats, Saturated

Bacon, cooked	1 slice	1
Bacon, grease	1 tsp	1

FOOD EXCHANGE LIST

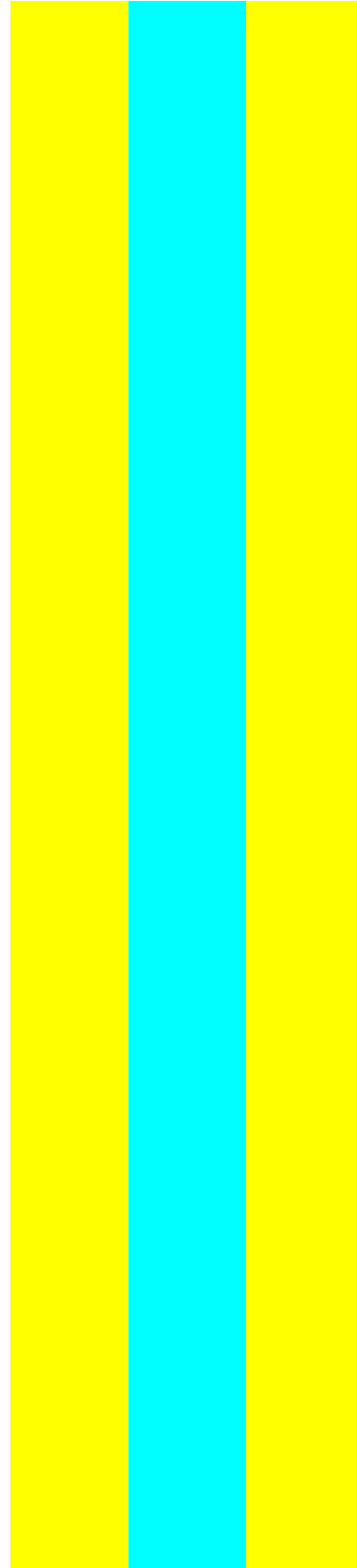
Butter, reduced-fat	1 tlbs		1
Butter, stick	1 tsp		1
Butter, whipped	2 tsp		1
Chitterlings, boiled	2 tlbs		1
Coconut milk	2 tlbs		1
Coconut, sweetened, shredded	2 tlbs		1
Cream cheese, reduced-fat	1 1/2 tlbs	3/4 oz	1
Cream cheese, regular	1 tlbs	1/2 oz	1
Cream, half and half	2 tlbs		1
Fatback or salt pork, 1" cube		1/2 oz	1
Shortening or lard	1 tsp		1
Sour cream, reduced fat	3 tlbs		1
Sour cream, regular	2 tlbs		1

Free Foods

Boullion, broth, consomme			
Boullion, broth, low-sodium			
Candy, hard, sugar-free	1		
Carbonated or mineral water			
Catsup	1 tlbs		
Club soda			
Cocoa powder, unsweetened	1 tlbs		
Coffee			
Cream cheese, fat-free	1 tlbs		
Creamers, non-dairy, liquid	1 tlbs		
Dalad dressing, fat-free, Italian	2 tlbs		
Drink mixes, sugar-free			
Gelatin, dessert, sugar-free			
Gelatin, unflavored			
Gum, sugar-free			

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Horseradish		
Jam or jelly, light	2 tsp	
Lemon juice		
Lime juice		
Margarine, fat-free	4 tlbs	
Margarine, reduced-fat	1 tsp	
Mayonnaise, fat-free	1 tlbs	
Mayonnaise, reduced-fat	1 tsp	
Miracle Whip, fat-free	1 tlbs	
Miracle Whip, reduced-fat	1 tsp	
Mustard		
Non-stick cooking spray		
Pickle relish	1 tlbs	
Pickles, dill	1 1/2 med	
Pickles, sweet	2 slices	
Pickles, sweet gherkin		3/4 oz
Salad dressing, fat-free or low-fat	1 tlbs	
Salsa	1/4 cup	
Soft drinks, sugar-free		
Sour cream, fat-free, reduced fat	1 tlbs	
Soy sauce, regular or light	1 tlbs	
Sugar substitutes, ALL		
Syrup, sugar-free	2 tlbs	
Taco sauce	1 tlbs	
Tea		
Tonic water, sugar-free		
Vinegar		
Whipped topping, light or fat-free	2 tlbs	
Whipped topping, regular	1 tlbs	
Yogurt	2 tlbs	



FOOD EXCHANGE LIST

Prepared Foods & Fast Foods			CHO	Protein	Fat
Alcohol, beer, light	12 oz		1/2		
Alcohol, beer, regular	12 oz		1		
Alcohol, liquer, any type	1 1/2 oz		1		
Alcohol, wine, red	4 oz				
Alcohol, wine, white	4 oz				
Burger King Cheeseburger	1		2	3	3 1/2
Burger King French Fries, Large	1		4	1	5
Burger King French Fries, Medium	1		3	1/2	3 1/2
Burger King French Fries, Small	1		2	1/2	2
Burger King French Fries, Super	1		5	1	6
Burger King Hamburger	1		2	2 1/2	3
Burger King Whopper	1		3 1/2	4	8
Burger King Whopper with cheese	1		3 1/2	5	9
Burrito		5-7 oz	3	1	2
Cheeseburger	1		2	2	3
Chicken breast & wing, breaded and fried	1 each		1	4	6
Chicken nuggets	6		1	2	3
Chicken sandwich grilled	1		2	3	1 1/2
Chicken wings, hot	6	5 oz		5	6 1/2
Chili with bens	1/2 cup		1	1	1
Chow mein	2 cups		1	2	1
Fish sandwich and tartar sauce	1		3	1	4
French fries	1 serving	5 oz	4		4
Frozen dinner		14-17 oz	3	3	6
Frozen dinner, < 340 calories		8-11 oz	2 1/2	1 1/2	1/2

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Hamburger, large	1		2	3	4
Hamburger, meatless, soy based		3 oz	1/2	2	1
Hamburger, meatless, vegetable & starch based		3 oz	1	1	1/2
Hamburger, regular	1		2	2	2
Hot dog with bun	1		1	1	2
Lasagna	1/2 cup		1	1	1
Macaroni and cheese	1/2 cup		1	1	1
McDonald's Chicken McNuggets	6		1	2	3
McDonald's French Fries, Large	1		4 1/2	1	5
McDonald's French Fries, Medium	1		4	1	4
McDonald's French Fries, Small	1		2	1/2	2
McDonald's French Fries, Super	1		5	1 1/2	6
McDonald's Quarter Pounder	1		2 1/2	3	4
McDonald's Quarter Pounder with cheese	1		2 1/2	4	6
Pizza, cheese, thin crust		4-5 oz	2	2	2
Pizza, cheese, thin crust	1/4 of 12"	6 oz	2 1/2	2	2 1/2
Pizza, individual pan	1		5	3	6
Pizza, meat topping, thin crust		5 oz	2	2	3 1/2
Pizza, meat, thin crust	1/4 of 12"	6 oz	2 1/2	2	2 1/2
Pot pie		7 oz	2 1/2	1	4
Sandwich, submarine, < 6 gm fat	1 6"		3	2	1
Sandwich, submarine, regular	1 6"		3 1/2	2	3
Soft-serve cone	1 small	5 oz	2 1/2		1
Soup, bean	1 cup		1	1	1/2
Soup, cream	1 cup		1		1
Soup, instant		6 oz	1		
Soup, instant, with beans/lentils		8 oz	2 1/2	1	1/2
Soup, split pea	1/2 cup		1		

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Soup, tomato	1 cup		1		
Soup, vegetable beef, chicken noodle	1 cup		1		
Spaghetti with meatballs	1/2 cup		1	1	1
Taco, hard or soft shell	1	3 1/2 oz	1	1	2
Tuna noodle casserole	1/2 cup		1	1	1
Tuna or chicken salad	1/2 cup		1/2	2	2

Revised 9/08