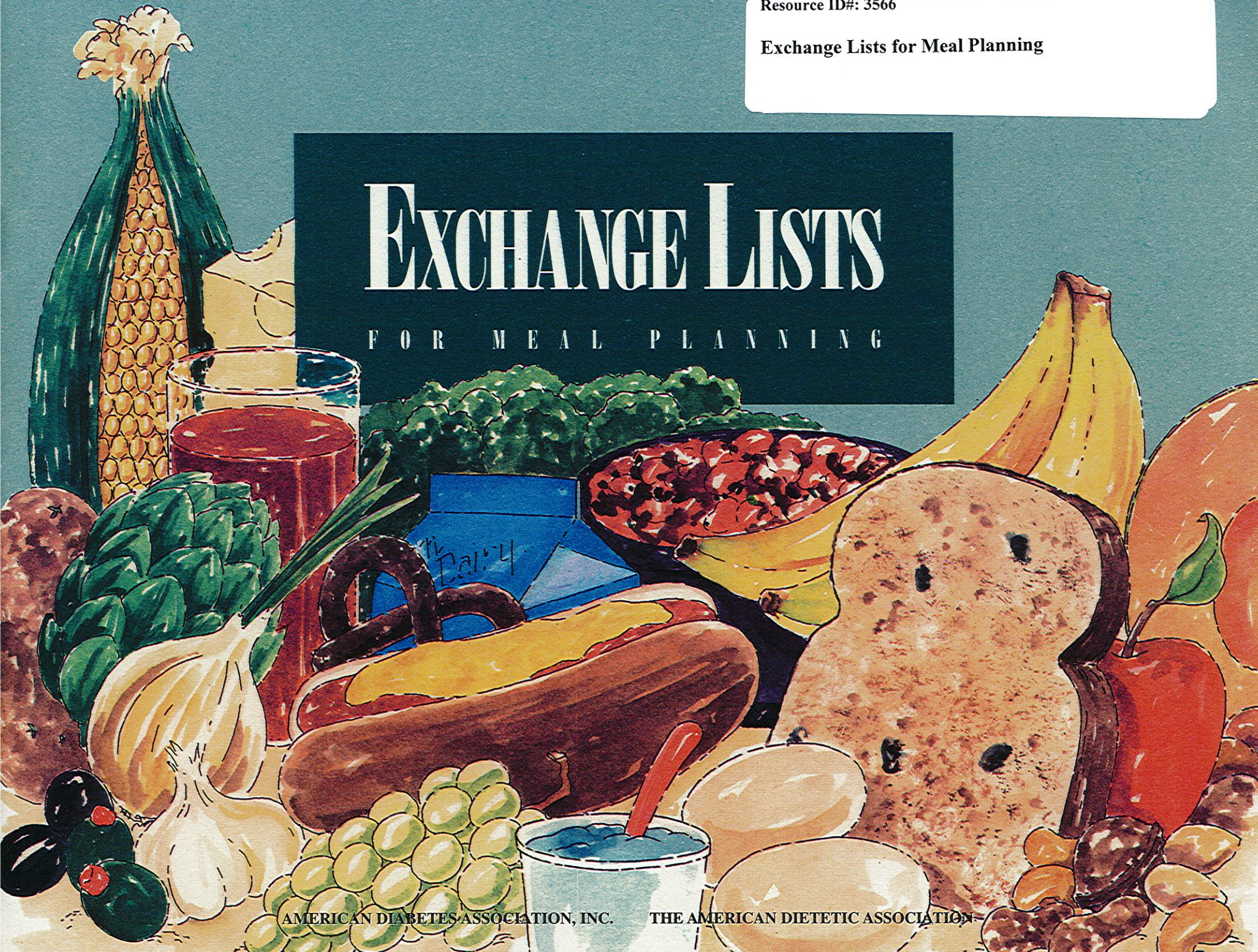


EXCHANGE LISTS

FOR MEAL PLANNING



For more information about the best meal plan for you, call a registered dietitian (RD),
The American Dietetic Association/National Center for Nutrition and Dietetics Hot Line (800) 366-1655, or
the American Diabetes Association (800) 232-3472.

The American Diabetes Association is
the nation's leading voluntary health agency working to find
the cause and cure for diabetes and to improve the well-being
of all people with diabetes and their families.

The American Dietetic Association is
the nation's largest group of nutrition professionals, with more
than 66,000 members.

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Revised—1995

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Healthy Eating Is The First Step In Taking Care Of Your Diabetes

You can make a difference in your blood glucose control through your food choices. You do not need special foods. In fact, the foods that are good for you are good for everyone.

If you have diabetes, it is important to eat about the same amount of food at the same time each day. Regardless of what your blood glucose level is, try not to skip meals or snacks. Skipping meals and snacks may lead to large swings in blood glucose levels.

To keep your blood glucose levels near normal, you need to balance the food you eat with the insulin your body makes or gets by injection and with your physical activities. Blood glucose monitoring gives you information to help you with this balancing act. Near-normal blood glucose levels help you feel better. And they may reduce or prevent the complications of diabetes.

The number of calories you need depends on your size, age, and activity level. If you are an adult, eating the right number of calories can help you reach and stay at a reasonable weight. Children and adolescents must eat enough calories so they grow and develop normally. Don't limit their calories to try to control blood glucose levels. Instead, adjust their insulin to cover the calories they need.

Of course, everyone needs to eat nutritious foods. Our good health depends on eating a variety of foods that contain the right amounts of carbohydrate, protein, fat, vitamins, minerals, fiber, and water.

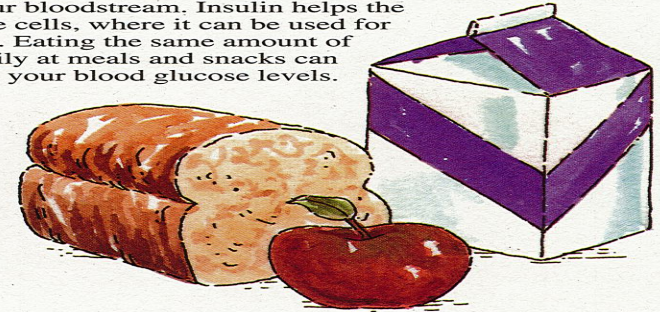
What Are Carbohydrate, Protein, And Fat?

Carbohydrate, protein, and fat are found in the food you eat. They supply your body with energy, or calories. Your body needs insulin to use this energy. Insulin is made in the pancreas. If you have

diabetes, either your pancreas is no longer making insulin or your body can't use the insulin it is making. In either case, your blood glucose levels are not normal.

Carbohydrate. Starch and sugar in foods are carbohydrates. Starch is in breads, pasta, cereals, potatoes, peas, beans, and lentils. Naturally present sugars are in fruits, milk, and vegetables. Added sugars are in desserts, candy, jams, and syrups. All of these carbohydrates provide 4 calories per gram and can affect your blood glucose levels.

When you eat carbohydrates, they turn into glucose and travel in your bloodstream. Insulin helps the glucose enter the cells, where it can be used for energy or stored. Eating the same amount of carbohydrate daily at meals and snacks can help you control your blood glucose levels.



Protein. Protein is in meats, poultry, fish, milk and other dairy products, eggs, and dried beans and peas. Starches and vegetables also have small amounts of protein.

The body uses protein for growth, maintenance, and energy. Protein has 4 calories of energy per gram. Again, your body needs insulin to use the protein you eat.

Fat. Fat is in margarine, butter, oils, salad dressings, nuts, seeds, milk, cheese, meat, fish, poultry, snack foods, ice cream, and desserts.

There are different types of fat: monounsaturated, polyunsaturated, and saturated. Everyone should eat less of the saturated fats found in meats, dairy products, coconut, palm or palm kernel oil, and hardened shortenings. Saturated fats can raise your blood levels of cholesterol. The fats that are best are the monounsaturated fats found in canola oil, olive oil, nuts, and avocado. The polyunsaturated fats found in corn oil, soybean oil, or sunflower oil are also good choices.

After you eat fat, it travels in your bloodstream. You need insulin to store fat in the cells of your body. Fats are used for energy. In fact, fats have 9 calories per gram, more than two times the calories you get from carbohydrate and protein.

What Else Do I Need To Know?

Vitamins And Minerals. Most foods in this booklet are good sources of vitamins and minerals. If you eat a variety of these foods, you probably do not need a vitamin or mineral supplement.



Salt Or Sodium. High blood pressure may be made worse by eating too much sodium (salt and salty foods). Try to use less salt in cooking and at the table.

In the lists, foods that are high in sodium (400 milligrams or more of sodium per exchange) have a red salt shaker symbol (▲). **Alcohol.** You may have an alcoholic drink occasionally. If you take insulin or a diabetes pill, be sure to eat food with your drink. Ask your dietitian about a safe amount of alcohol for you and how to work it into your meal plan.

How Do I Know What To Eat And When?

You and your dietitian will work out a meal plan to get the right balance between your food, medication, and exercise.

The lists of food choices (exchange lists) in this booklet can help you make interesting and healthy food choices. Exchange lists and a meal plan help you know what to eat, how much to eat, and when to eat.

There are three main groups—the Carbohydrate group, the Meat and Meat Substitute group (protein), and the Fat group. Starch, fruit, milk, other carbohydrates, and vegetables are in the Carbohydrate group. The Meat and Meat Substitute group is divided into very lean, lean, medium-fat, and high-fat foods. You can see at a glance which are the lower-fat choices. Foods in the Fat group—monounsaturated, polyunsaturated, and saturated—have very small serving sizes.

What Are Exchange Lists?

Exchange lists are foods listed together because they are alike. Each serving of a food has about the same amount of carbohydrate, protein, fat, and calories as the other foods on that list. That is why any food on a list can be “exchanged” or traded for any other food on the same list. For example, you can trade the slice of bread you might eat for breakfast for one-half cup of cooked cereal. Each of these foods equals one starch choice.

Exchange Lists

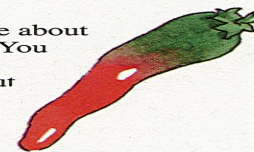
Foods are listed with their serving sizes, which are usually measured after cooking. When you begin, you should measure the size of each serving. This may help you learn to "eyeball" correct serving sizes.

The following chart shows the amount of nutrients in one serving from each list.

Groups/Lists	Carbohydrate (grams)	Protein (grams)	Fat (grams)	Calories
Carbohydrate Group				
Starch	15	3	1 or less	80
Fruit	15	—	—	60
Milk				
Skim	12	8	0-3	90
Low-fat	12	8	5	120
Whole	12	8	8	150
Other carbohydrates	15	varies	varies	varies
Vegetables	5	2	—	25
Meat and Meat Substitute Group				
Very lean	—	7	0-1	35
Lean	—	7	3	55
Medium-fat	—	7	5	75
High-fat	—	7	8	100
Fat Group	—	—	5	45

The exchange lists provide you with a lot of food choices (foods from the basic food groups, foods with added sugars, free foods, combination foods, and fast foods). This gives you variety in your meals. Several foods, such as dried beans and peas, bacon, and peanut butter, are on two lists. This gives you flexibility in putting your meals together. Whenever you choose new foods or vary your meal plan, monitor your blood glucose to see how these different foods affect your blood glucose level.

Most foods in the Carbohydrate group have about the same amount of carbohydrate per serving. You can exchange starch, fruit, or milk choices in your meal plan. Vegetables are in this group but contain only about 5 grams of carbohydrate.



A Word About Food Labels

Exchange information is based on foods found in grocery stores. However, food companies often change the ingredients in their products. That is why you need to check the Nutrition Facts panel of the food label.

The Nutrition Facts tell you the number of calories and grams of carbohydrate, protein, and fat in one serving. Compare these numbers with the exchange information in this booklet to see how many exchanges you will be eating. In this way, food labels can help you add foods to your meal plans.

Ask your dietitian to help you use food label information to plan your meals, or read page 26 for more tips on how to use food labels.

Getting Started!

See your dietitian regularly when you are first learning how to use your meal plan and the exchange lists. Your meal plan can be adjusted to fit changes in your lifestyle, such as work, school, vacation, or travel. Regular

nutrition counseling can help you make positive changes in your eating habits.

Careful eating habits will help you feel better and be healthier, too. Best wishes and good eating with *Exchange Lists for Meal Planning*.

Starch List

Cereals, grains, pasta, breads, crackers, snacks, starchy vegetables, and cooked dried beans, peas, and lentils are starches. In general, one starch is:

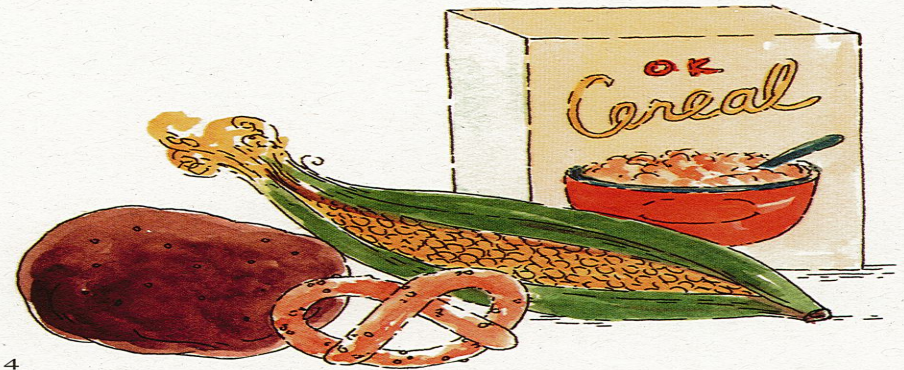
- 1/2 cup of cereal, grain, pasta, or starchy vegetable,
- 1 ounce of a bread product, such as 1 slice of bread,
- 3/4 to 1 ounce of most snack foods. (Some snack foods may also have added fat.)

Nutrition Tips

1. Most starch choices are good sources of B vitamins.
2. Foods made from whole grains are good sources of fiber.
3. Dried beans and peas are a good source of protein and fiber.

Selection Tips

1. Choose starches made with little fat as often as you can.
2. Starchy vegetables prepared with fat count as one starch and one fat.
3. Bagels or muffins can be 2, 3, or 4 ounces in size, and can, therefore, count as 2, 3, or 4 starch choices. Check the size you eat.
4. Dried beans, peas, and lentils are also found on the Meat and Meat Substitutes list.
5. Regular potato chips and tortilla chips are found on the Other Carbohydrates list.
6. Most of the serving sizes are measured after cooking.
7. Always check Nutrition Facts on the food label.



**One starch exchange equals
15 grams carbohydrate,
3 grams protein,
0-1 grams fat, and
80 calories.**

Bread

Bagel	1/2 (1 oz)
Bread, reduced-calorie	2 slices (1 1/2 oz)
Bread, white, whole-wheat, pumpernickel, rye	1 slice (1 oz)
Bread sticks, crisp, 4 in. long x 1/2 in.	2 (2/3 oz)
English muffin	1/2
Hot dog or hamburger bun	1/2 (1 oz)
Pita, 6 in. across	1/2
Roll, plain, small	1 (1 oz)
Raisin bread, unfrosted	1 slice (1 oz)
Tortilla, corn, 6 in. across	1
Tortilla, flour, 7-8 in. across	1
Waffle, 4 1/2 in. square, reduced-fat	1



Cereals And Grains

Bran cereals	1/2 cup
Bulgur	1/2 cup
Cereals	1/2 cup
Cereals, unsweetened, ready-to-eat	3/4 cup
Cornmeal (dry)	3 Tbsp
Couscous	1/3 cup
Flour (dry)	3 Tbsp
Granola, low-fat	1/4 cup
Grape-Nuts	1/4 cup
Grits	1/2 cup
Kasha	1/2 cup
Millet	1/4 cup
Muesli	1/4 cup
Oats	1/2 cup
Pasta	1/2 cup
Puffed cereal	1 1/2 cups
Rice milk	1/2 cup
Rice, white or brown	1/3 cup
Shredded Wheat	1/2 cup
Sugar-frosted cereal	1/2 cup
Wheat germ	3 Tbsp

**One starch exchange equals
15 grams carbohydrate,
3 grams protein,
0-1 grams fat, and
80 calories.**

Starchy Vegetables


Baked beans	1/3 cup
Corn	1/2 cup
Corn on cob, medium	1 (5 oz)
Mixed vegetables with corn, peas, or pasta	1 cup
Peas, green	1/2 cup
Plantain	1/2 cup
Potato, baked or boiled	1 small (3 oz)
Potato, mashed	1/2 cup
Squash, winter (acorn, butternut)	1 cup
Yam, sweet potato, plain	1/2 cup


Crackers And Snacks

Animal crackers	8
Graham crackers, 2 1/2 in. square	3
Matzoh	3/4 oz
Melba toast	4 slices
Oyster crackers	24
Popcorn (popped, no fat added or low-fat microwave)	3 cups
Pretzels	3/4 oz
Rice cakes, 4 in. across	2
Saltine-type crackers	6
Snack chips, fat-free (tortilla, potato)	15-20 (3/4 oz)
Whole-wheat crackers, no fat added	2-5 (3/4 oz)

Dried Beans, Peas, And Lentils

(Count as 1 starch exchange, plus 1 very lean meat exchange.)

Beans and peas (garbanzo, pinto, kidney, white, split, black-eyed)	1/2 cup
Lima beans	2/3 cup
Lentils	1/2 cup
Miso 	3 Tbsp

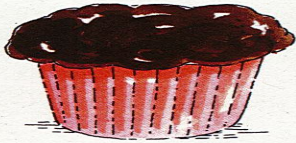
 = 400 mg or more of sodium per serving.



**One starch exchange equals
15 grams carbohydrate,
3 grams protein,
0-1 grams fat, and
80 calories.**

**Starchy Foods Prepared With Fat
(Count as 1 starch exchange, plus 1 fat exchange.)**

Biscuit, 2 1/2 in. across	1
Chow mein noodles	1/2 cup
Corn bread, 2 in. cube	1 (2 oz)
Crackers, round butter type	6
Croutons	1 cup
French-fried potatoes	16-25 (3 oz)
Granola	1/4 cup
Muffin, small	1 (1 1/2 oz)
Pancake, 4 in. across	2
Popcorn, microwave	3 cups
Sandwich crackers, cheese or peanut butter filling	3
Stuffing, bread (prepared)	1/3 cup
Taco shell, 6 in. across	2
Waffle, 4 1/2 in. square	1
Whole-wheat crackers, fat added	4-6 (1 oz)



Some food you buy uncooked will weigh less after you cook it. Starches often swell in cooking, so a small amount of uncooked starch will become a much larger amount of cooked food. The following table shows some of the changes.

Food (Starch Group)	Uncooked	Cooked
Oatmeal	3 Tbsp	1/2 cup
Cream of Wheat	2 Tbsp	1/2 cup
Grits	3 Tbsp	1/2 cup
Rice	2 Tbsp	1/3 cup
Spaghetti	1/4 cup	1/2 cup
Noodles	1/3 cup	1/2 cup
Macaroni	1/4 cup	1/2 cup
Dried beans	1/4 cup	1/2 cup
Dried peas	1/4 cup	1/2 cup
Lentils	3 Tbsp	1/2 cup

Common Measurements

3 tsp = 1 Tbsp	4 ounces = 1/2 cup
4 Tbsp = 1/4 cup	8 ounces = 1 cup
5 1/3 Tbsp = 1/3 cup	1 cup = 1/2 pint

Fruit List

Fresh, frozen, canned, and dried fruits and fruit juices are on this list. In general, one fruit exchange is:

- 1 small to medium fresh fruit,
- 1/2 cup of canned or fresh fruit or fruit juice,
- 1/4 cup of dried fruit.

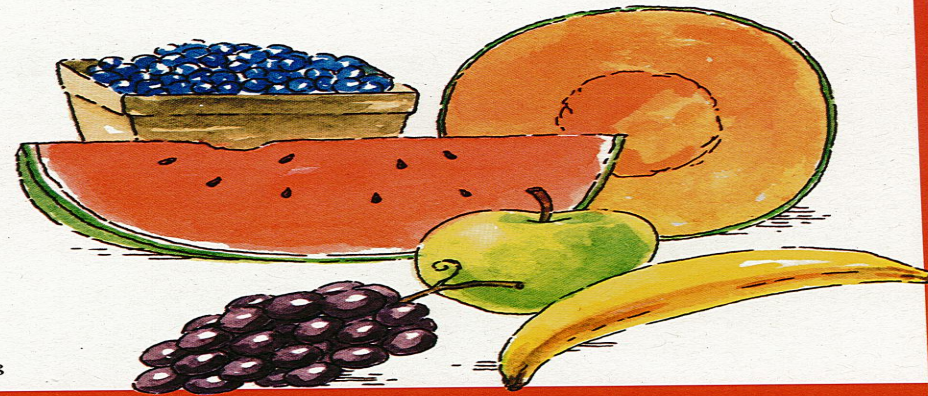
Nutrition Tips

1. Fresh, frozen, and dried fruits have about 2 grams of fiber per choice. Fruit juices contain very little fiber.
2. Citrus fruits, berries, and melons are good sources of vitamin C.

Selection Tips

1. Count 1/2 cup cranberries or rhubarb sweetened with sugar substitutes as free foods.
2. Read the Nutrition Facts on the food label. If one serving has more than 15 grams of carbohydrate, you will need to adjust the size of the serving you eat or drink.

3. Portion sizes for canned fruits are for the fruit and a small amount of juice.
4. Whole fruit is more filling than fruit juice and may be a better choice.
5. Food labels for fruits may contain the words "no sugar added" or "unsweetened." This means that no sucrose (table sugar) has been added.
6. Generally, fruit canned in extra light syrup has the same amount of carbohydrate per serving as the "no sugar added" or the juice pack. All canned fruits on the fruit list are based on one of these three types of pack.



**One fruit exchange equals
15 grams carbohydrate and
60 calories.**

The weight includes skin, core, seeds, and rind.

Fruit

Apple, unpeeled, small	1 (4 oz)
Applesauce, unsweetened	1/2 cup
Apples, dried	4 rings
Apricots, fresh	4 whole (5 1/2 oz)
Apricots, dried	8 halves
Apricots, canned	1/2 cup
Banana, small	1 (4 oz)
Blackberries	3/4 cup
Blueberries	3/4 cup
Cantaloupe, small	1/3 melon (11 oz) or 1 cup cubes
Cherries, sweet, fresh	12 (3 oz)
Cherries, sweet, canned	1/2 cup
Dates	3
Figs, fresh	1 1/2 large or 2 medium (3 1/2 oz)
Figs, dried	1 1/2
Fruit cocktail	1/2 cup
Grapefruit, large	1/2 (11 oz)
Grapefruit sections, canned	3/4 cup
Grapes, small	17 (3 oz)
Honeydew melon	1 slice (10 oz) or 1 cup cubes
Kiwi	1 (3 1/2 oz)
Mandarin oranges, canned	3/4 cup
Mango, small	1/2 fruit (5 1/2 oz) or 1/2 cup
Nectarine, small	1 (5 oz)
Orange, small	1 (6 1/2 oz)
Papaya	1/2 fruit (8 oz) or 1 cup cubes
Peach, medium, fresh	1 (6 oz)
Peaches, canned	1/2 cup
Pear, large, fresh	1/2 (4 oz)

Pears, canned	1/2 cup
Pineapple, fresh	3/4 cup
Pineapple, canned	1/2 cup
Plums, small	2 (5 oz)
Plums, canned	1/2 cup
Prunes, dried	3
Raisins	2 Tbsp
Raspberries	1 cup
Strawberries	1 1/4 cup whole berries
Tangerines, small	2 (8 oz)
Watermelon	1 slice (13 1/2 oz) or 1 1/4 cup cubes

Fruit Juice

Apple juice/cider	1/2 cup
Cranberry juice cocktail	1/3 cup
Cranberry juice cocktail, reduced-calorie	1 cup
Fruit juice blends, 100% juice	1/3 cup
Grape juice	1/3 cup
Grapefruit juice	1/2 cup
Orange juice	1/2 cup
Pineapple juice	1/2 cup
Prune juice	1/3 cup



Milk List

Different types of milk and milk products are on this list. Cheeses are on the Meat list and cream and other dairy fats are on the Fat list. Based on the amount of fat they contain, milks are divided into skim/very low-fat milk, low-fat milk, and whole milk. One choice of these includes:

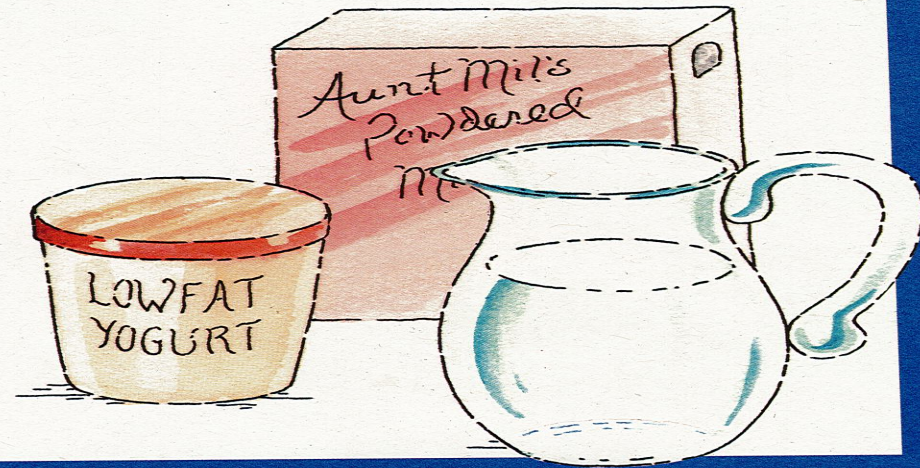
	Carbohydrate (grams)	Protein (grams)	Fat (grams)	Calories
Skim/very low-fat	12	8	0-3	90
Low-fat	12	8	5	120
Whole	12	8	8	150

Nutrition Tips

1. Milk and yogurt are good sources of calcium and protein. Check the food label.
2. The higher the fat content of milk and yogurt, the greater the amount of saturated fat and cholesterol. Choose lower-fat varieties.
3. For those who are lactose intolerant, look for lactose-reduced or lactose-free varieties of milk.

Selection Tips

1. One cup equals 8 fluid ounces or 1/2 pint.
2. Look for chocolate milk, frozen yogurt, and ice cream on the Other Carbohydrates list.
3. Nondairy creamers are on the Free Foods list.
4. Look for rice milk on the Starch list.
5. Look for soy milk on the Medium-fat Meat list.



**One milk exchange equals
12 grams carbohydrate and
8 grams protein.**

**Skim And Very Low-fat Milk
(0-3 grams fat per serving)**

Skim milk.....	1 cup
1/2% milk.....	1 cup
1% milk.....	1 cup
Nonfat or low-fat buttermilk.....	1 cup
Evaporated skim milk.....	1/2 cup
Nonfat dry milk.....	1/3 cup dry
Plain nonfat yogurt.....	3/4 cup
Nonfat or low-fat fruit-flavored yogurt sweetened with aspartame or with a nonnutritive sweetener.....	1 cup

**Low-fat
(5 grams fat per serving)**

2% milk.....	1 cup
Plain low-fat yogurt.....	3/4 cup
Sweet acidophilus milk.....	1 cup

**Whole Milk
(8 grams fat per serving)**

Whole milk.....	1 cup
Evaporated whole milk.....	1/2 cup
Goat's milk.....	1 cup
Kefir.....	1 cup



Other Carbohydrates List

You can substitute food choices from this list for a starch, fruit, or milk choice on your meal plan. Some choices will also count as one or more fat choices.

Nutrition Tips

1. These foods can be substituted in your meal plan, even though they contain added sugars or fat. However, they do not contain as many important vitamins and minerals as the choices on the Starch, Fruit, or Milk list.
2. When planning to include these foods in your meal, be sure to include foods from all the lists to eat a balanced meal.

Selection Tips

1. Because many of these foods are concentrated sources of carbohydrate and fat, the portion sizes are often very small.
2. Always check Nutrition Facts on the food label. It will be your most accurate source of information.
3. Many fat-free or reduced-fat products made with fat replacers contain carbohydrate. When eaten in large amounts, they may need to be counted. Talk with your dietitian to determine how to count these in your meal plan.
4. Look for fat-free salad dressings in smaller amounts on the Free Foods list.

**One exchange equals
15 grams carbohydrate, or 1 starch, or 1 fruit, or 1 milk.**

Food	Serving Size	Exchanges Per Serving
Angel food cake, unfrosted	1/12th cake	2 carbohydrates
Brownie, small, unfrosted	2 in. square	1 carbohydrate, 1 fat
Cake, unfrosted	2 in. square	1 carbohydrate, 1 fat
Cake, frosted	2 in. square	2 carbohydrates, 1 fat
Cookie, fat-free	2 small	1 carbohydrate
Cookie or sandwich cookie with creme filling	2 small	1 carbohydrate, 1 fat
Cupcake, frosted	1 small	2 carbohydrates, 1 fat
Cranberry sauce, jellied	1/4 cup	2 carbohydrates
Doughnut, plain cake	1 medium (1 1/2 oz)	1 1/2 carbohydrates, 2 fats
Doughnut, glazed	3 3/4 in. across (2 oz)	2 carbohydrates, 2 fats
Fruit juice bars, frozen, 100% juice	1 bar (3 oz)	1 carbohydrate
Fruit snacks, chewy (pureed fruit concentrate)	1 roll (3/4 oz)	1 carbohydrate
Fruit spreads, 100% fruit	1 Tbsp	1 carbohydrate
Gelatin, regular	1/2 cup	1 carbohydrate
Gingersnaps	3	1 carbohydrate

**One exchange equals
15 grams carbohydrate, or 1 starch, or 1 fruit, or 1 milk.**

Food	Serving Size	Exchanges Per Serving
Granola bar	1 bar	1 carbohydrate, 1 fat
Granola bar, fat-free	1 bar	2 carbohydrates
Hummus	1/3 cup	1 carbohydrate, 1 fat
Ice cream	1/2 cup	1 carbohydrate, 2 fats
Ice cream, light	1/2 cup	1 carbohydrate, 1 fat
Ice cream, fat-free, no sugar added	1/2 cup	1 carbohydrate
Jam or jelly, regular	1 Tbsp	1 carbohydrate
Milk, chocolate, whole	1 cup	2 carbohydrates, 1 fat
Pie, fruit, 2 crusts	1/6 pie	3 carbohydrate, 2 fats
Pie, pumpkin or custard	1/8 pie	1 carbohydrate, 2 fats
Potato chips	12-18 (1 oz)	1 carbohydrate, 2 fats
Pudding, regular (made with low-fat milk)	1/2 cup	2 carbohydrates
Pudding, sugar-free (made with low-fat milk)	1/2 cup	1 carbohydrate
Salad dressing, fat-free	1/4 cup	1 carbohydrate
Sherbet, sorbet	1/2 cup	2 carbohydrates
Spaghetti or pasta sauce, canned	1/2 cup	1 carbohydrate, 1 fat
Sweet roll or Danish	1 (2 1/2 oz)	2 1/2 carbohydrates, 2 fats
Syrup, light	2 Tbsp	1 carbohydrate
Syrup, regular	1 Tbsp	1 carbohydrate
Syrup, regular	1/4 cup	4 carbohydrates
Tortilla chips	6-12 (1 oz)	1 carbohydrate, 2 fats
Yogurt, frozen, low-fat, fat-free	1/3 cup	1 carbohydrate, 0-1 fat
Yogurt, frozen, fat-free, no sugar added	1/2 cup	1 carbohydrate
Yogurt, low-fat with fruit	1 cup	3 carbohydrates, 0-1 fat
Vanilla wafers	5	1 carbohydrate, 1 fat



Vegetable List

Vegetables that contain small amounts of carbohydrates and calories are on this list. Vegetables contain important nutrients. Try to eat at least 2 or 3 vegetable choices each day. In general, one vegetable exchange is:

- 1/2 cup of cooked vegetables or vegetable juice,
- 1 cup of raw vegetables.

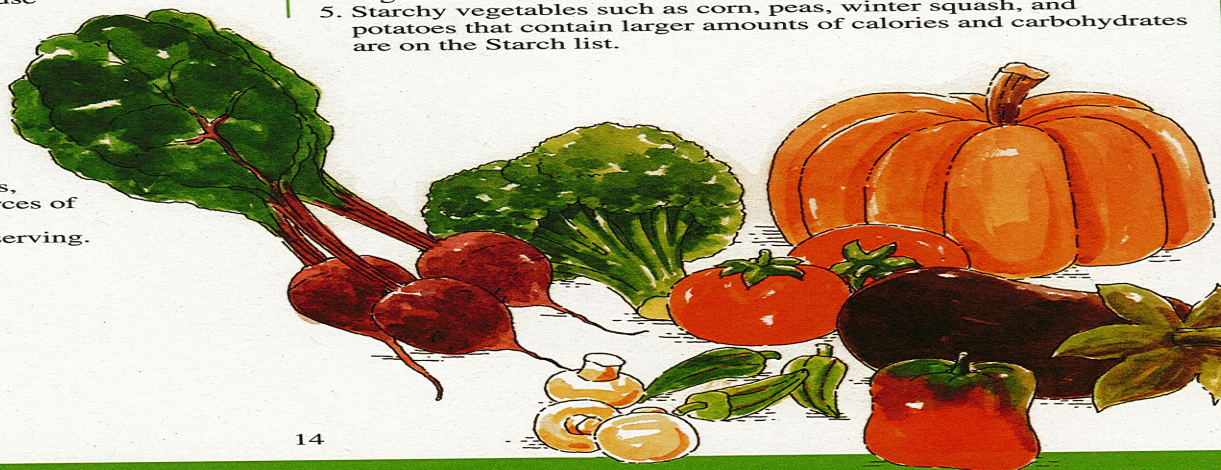
If you eat 1 to 2 vegetable choices at a meal or snack, you do not have to count the calories or carbohydrates because they contain small amounts of these nutrients.

Nutrition Tips

1. Fresh and frozen vegetables have less added salt than canned vegetables. Drain and rinse canned vegetables if you want to remove some salt.
2. Choose more dark green and dark yellow vegetables, such as spinach, broccoli, romaine, carrots, chilies, and peppers.
3. Broccoli, brussels sprouts, cauliflower, greens, peppers, spinach, and tomatoes are good sources of vitamin C.
4. Vegetables contain 1 to 4 grams of fiber per serving.




Selection Tips


1. A 1-cup portion of broccoli is a portion about the size of a light bulb.
2. Tomato sauce is different from spaghetti sauce, which is on the Other Carbohydrates list.
3. Canned vegetables and juices are available without added salt.
4. If you eat more than 4 cups of raw vegetables or 2 cups of cooked vegetables at one meal, count them as 1 carbohydrate choice.
5. Starchy vegetables such as corn, peas, winter squash, and potatoes that contain larger amounts of calories and carbohydrates are on the Starch list.



**One vegetable exchange equals
5 grams carbohydrate,
2 grams protein,
0 grams fat, and
25 calories.**

Artichoke
Artichoke hearts
Asparagus
Beans (green, wax, Italian)
Bean sprouts
Beets
Broccoli
Brussels sprouts
Cabbage
Carrots
Cauliflower
Celery
Cucumber
Eggplant
Green onions or scallions
Greens (collard, kale, mustard, turnip)
Kohlrabi
Leeks
Mixed vegetables (without corn, peas, or pasta)
Mushrooms
Okra
Onions

Pea pods
Peppers (all varieties)
Radishes
Salad greens (endive, escarole, lettuce, romaine, spinach)
Sauerkraut 
Spinach
Summer squash
Tomato
Tomatoes, canned
Tomato sauce 
Tomato/vegetable juice 
Turnips
Water chestnuts
Watercress
Zucchini

 = 400 mg or more sodium per exchange.



Meat And Meat Substitutes List

Meat and meat substitutes that contain both protein and fat are on this list. In general, one meat exchange is:

- 1 oz meat, fish, poultry, or cheese,
- 1/2 cup dried beans.

Based on the amount of fat they contain, meats are divided into very lean, lean, medium-fat, and high-fat lists. This is done so you can see which ones contain the least amount of fat. One ounce (one exchange) of each of these includes:

	Carbohydrate (grams)	Protein (grams)	Fat (grams)	Calories
Very lean	0	7	0-1	35
Lean	0	7	3	55
Medium-fat	0	7	5	75
High-fat	0	7	8	100

Nutrition Tips

1. Choose very lean and lean meat choices whenever possible. Items from the high-fat group are high in saturated fat, cholesterol, and calories and can raise blood cholesterol levels.
2. Meats do not have any fiber.
3. Dried beans, peas, and lentils are good sources of fiber.
4. Some processed meats, seafood, and soy products may contain carbohydrate when consumed in large amounts. Check the Nutrition Facts on the label to see if the amount is close to 15 grams. If so, count it as a carbohydrate choice as well as a meat choice.



Selection Tips

1. Weigh meat after cooking and removing bones and fat. Four ounces of raw meat is equal to 3 ounces of cooked meat. Some examples of meat portions are:
 - 1 ounce cheese = 1 meat choice and is about the size of a 1-inch cube
 - 2 ounces meat = 2 meat choices, such as
 - 1 small chicken leg or thigh
 - 1/2 cup cottage cheese or tuna
 - 3 ounces meat = 3 meat choices and is about the size of a deck of cards, such as
 - 1 medium pork chop
 - 1 small hamburger
 - 1/2 of a whole chicken breast
 - 1 unbreaded fish fillet
2. Limit your choices from the high-fat group to three times per week or less.
3. Most grocery stores stock Select and Choice grades of meat. Select grades of meat are the leanest meats. Choice grades contain a moderate amount of fat, and Prime cuts of meat have the highest amount of fat. Restaurants usually serve Prime cuts of meat.
5. "Hamburger" may contain added seasoning and fat, but ground beef does not.
6. Read labels to find products that are low in fat and cholesterol (5 grams or less of fat per serving).
7. Dried beans, peas, and lentils are also found on the Starch list.
8. Peanut butter, in smaller amounts, is also found on the Fats list.
9. Bacon, in smaller amounts, is also found on the Fats list.

Meal Planning Tips

1. Bake, roast, broil, grill, poach, steam, or boil these foods rather than frying.
2. Place meat on a rack so the fat will drain off during cooking.
3. Use a nonstick spray and a nonstick pan to brown or fry foods.
4. Trim off visible fat before or after cooking.
5. If you add flour, bread crumbs, coating mixes, fat, or marinades when cooking, ask your dietitian how to count it in your meal plan.




Very Lean Meat And Substitutes List
 One exchange equals 0 grams carbohydrate,
 7 grams protein, 0–1 grams fat, and 35 calories.

One very lean meat exchange is equal to any one of the following items.

- Poultry:** Chicken or turkey (white meat, no skin),
 Cornish hen (no skin) 1 oz
- Fish:** Fresh or frozen cod, flounder, haddock,
 halibut, trout; tuna fresh or canned in water 1 oz
- Shellfish:** Clams, crab, lobster, scallops, shrimp,
 imitation shellfish 1 oz
- Game:** Duck or pheasant (no skin), venison,
 buffalo, ostrich 1 oz
- Cheese with 1 gram or less fat per ounce:**
 Nonfat or low-fat cottage cheese 1/4 cup
 Fat-free cheese 1 oz
- Other:** Processed sandwich meats with 1 gram or less
 fat per ounce, such as deli thin, shaved meats,
 chipped beef, turkey ham 1 oz
 Egg whites 2
 Egg substitutes, plain 1/4 cup
 Hot dogs with 1 gram or less fat per ounce 1 oz
 Kidney (high in cholesterol) 1 oz
 Sausage with 1 gram or less fat per ounce 1 oz

Count as one very lean meat and one starch exchange.

Dried beans, peas, lentils (cooked) 1/2 cup

 = 400 mg or more sodium per exchange.

Lean Meat And Substitutes List
 One exchange equals 0 grams carbohydrate,
 7 grams protein, 3 grams fat, and 55 calories.

One lean meat exchange is equal to any one of the following items.

- Beef:** USDA Select or Choice grades of lean beef
 trimmed of fat, such as round, sirloin, and flank
 steak; tenderloin; roast (rib, chuck, rump);
 steak (T-bone, porterhouse, cubed), ground round 1 oz
- Pork:** Lean pork, such as fresh ham; canned, cured,
 or boiled ham; Canadian bacon, tenderloin, center
 loin chop 1 oz
- Lamb:** Roast, chop, leg 1 oz
- Veal:** Lean chop, roast 1 oz
- Poultry:** Chicken, turkey (dark meat, no skin),
 chicken white meat (with skin), domestic
 duck or goose (well-drained of fat, no skin) 1 oz
- Fish:**
 Herring (uncreamed or smoked) 1 oz
 Oysters 6 medium
 Salmon (fresh or canned), catfish 1 oz
 Sardines (canned) 2 medium
 Tuna (canned in oil, drained) 1 oz
- Game:** Goose (no skin), rabbit 1 oz
- Cheese:**
 4.5%-fat cottage cheese 1/4 cup
 Grated Parmesan 2 Tbsp
 Cheeses with 3 grams or less fat per ounce 1 oz
- Other:**
 Hot dogs with 3 grams or less fat per ounce 1 1/2 oz
 Processed sandwich meat with 3 grams or less
 fat per ounce, such as turkey pastrami or kielbasa 1 oz
 Liver, heart (high in cholesterol) 1 oz

Medium-Fat Meat And Substitutes List

One exchange equals 0 grams carbohydrate, 7 grams protein, 5 grams fat, and 75 calories.

One medium-fat meat exchange is equal to any one of the following items.

Beef: Most beef products fall into this category (ground beef, meatloaf, corned beef, short ribs, Prime grades of meat trimmed of fat, such as prime rib) 1 oz

Pork: Top loin, chop, Boston butt, cutlet 1 oz

Lamb: Rib roast, ground 1 oz

Veal: Cutlet (ground or cubed, unbreaded) 1 oz

Poultry: Chicken dark meat (with skin), ground turkey or ground chicken, fried chicken (with skin) 1 oz

Fish: Any fried fish product. 1 oz

Cheese: With 5 grams or less fat per ounce 1 oz

Feta 1 oz

Mozzarella 1 oz

Ricotta 1/4 cup (2 oz)

Other:

Egg (high in cholesterol, limit to 3 per week) 1

Sausage with 5 grams or less fat per ounce 1 oz

Soy milk 1 cup

Tempeh 1/4 cup


Tofu 4 oz or 1/2 cup

High-Fat Meat And Substitutes List

One exchange equals 0 grams carbohydrate, 7 grams protein, 8 grams fat, and 100 calories.


Remember these items are high in saturated fat, cholesterol, and calories and may raise blood cholesterol levels if eaten on a regular basis. One high-fat meat exchange is equal to any one of the following items.

Pork: Spareribs, ground pork, pork sausage 1 oz

Cheese: All regular cheeses, such as American , cheddar, Monterey Jack, Swiss 1 oz


Other: Processed sandwich meats with 8 grams or less fat per ounce, such as bologna, pimento loaf, salami 1 oz

Sausage, such as bratwurst, Italian, knockwurst, Polish, smoked. 1 oz

Hot dog (turkey or chicken)  1 (10/lb)

Bacon. 3 slices (20 slices/lb)

Count as one high-fat meat plus one fat exchange.

Hot dog (beef, pork, or combination)  1 (10/lb)

Peanut butter (contains unsaturated fat) 2 Tbsp

 = 400 mg or more sodium per exchange.

Fat List

Fats are divided into three groups, based on the main type of fat they contain: monounsaturated, polyunsaturated, and saturated. Small amounts of monounsaturated and polyunsaturated fats in the foods we eat are linked with good health benefits. Saturated fats are linked with heart disease and cancer. In general, one fat exchange is:

- 1 teaspoon of regular margarine or vegetable oil,
- 1 tablespoon of regular salad dressings.

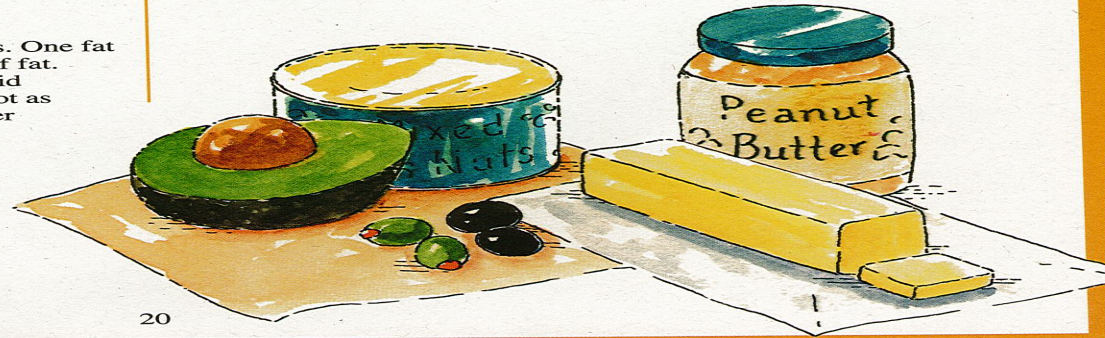
Nutrition Tips

1. All fats are high in calories. Limit serving sizes for good nutrition and health.
2. Nuts and seeds contain small amounts of fiber, protein, and magnesium.
3. If blood pressure is a concern, choose fats in the unsalted form to help lower sodium intake, such as unsalted peanuts.

Selection Tips

1. Check the Nutrition Facts on food labels for serving sizes. One fat exchange is based on a serving size containing 5 grams of fat.
2. When selecting regular margarine, choose those with liquid vegetable oil as the first ingredient. Soft margarines are not as saturated as stick margarines. Soft margarines are healthier choices. Avoid those listing hydrogenated or partially hydrogenated fat as the first ingredient.

3. When selecting low-fat margarines, look for liquid vegetable oil as the second ingredient. Water is usually the first ingredient.
4. When used in smaller amounts, bacon and peanut butter are counted as fat choices. When used in larger amounts, they are counted as high-fat meat choices.
5. Fat-free salad dressings are on the Other Carbohydrates list and the Free Foods list.
6. See the Free Foods list for nondairy coffee creamers, whipped topping, and fat-free products, such as margarines, salad dressings, mayonnaise, sour cream, cream cheese, and nonstick cooking spray.



Monounsaturated Fats List

One fat exchange equals 5 grams fat and 45 calories.

Avocado, medium	1/8 (1 oz)
Oil (canola, olive, peanut)	1 tsp
Olives: ripe (black)	8 large
green, stuffed	10 large
Nuts	
almonds, cashews	6 nuts
mixed (50% peanuts)	6 nuts
peanuts	10 nuts
pecans	4 halves
Peanut butter, smooth or crunchy	2 tsp
Sesame seeds	1 Tbsp
Tahini paste	2 tsp

Polyunsaturated Fats List

One fat exchange equals 5 grams fat and 45 calories.

Margarine: stick, tub, or squeeze	1 tsp
lower-fat (30% to 50% vegetable oil)	1 Tbsp
Mayonnaise: regular	1 tsp
reduced-fat	1 Tbsp
Nuts, walnuts, English	4 halves
Oil (corn, safflower, soybean)	1 tsp
Salad dressing: regular	1 Tbsp
reduced-fat	2 Tbsp
Miracle Whip Salad Dressing®: regular	2 tsp
reduced-fat	1 Tbsp
Seeds: pumpkin, sunflower	1 Tbsp

🔪 = 400 mg or more sodium per exchange.

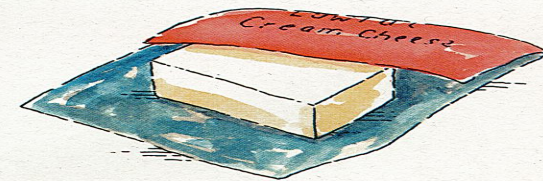
Saturated Fats List*

One fat exchange equals 5 grams of fat and 45 calories.

Bacon, cooked	1 slice (20 slices/lb)
Bacon, grease	1 tsp
Butter: stick	1 tsp
whipped	2 tsp
reduced-fat	1 Tbsp
Chitterlings, boiled	2 Tbsp (1/2 oz)
Coconut, sweetened, shredded	2 Tbsp
Cream, half and half	2 Tbsp
Cream cheese: regular	1 Tbsp (1/2 oz)
reduced-fat	2 Tbsp (1 oz)
Fatback or salt pork, see below†	
Shortening or lard	1 tsp
Sour cream: regular	2 Tbsp
reduced-fat	3 Tbsp

†Use a piece 1 in. x 1 in. x 1/4 in. if you plan to eat the fatback cooked with vegetables. Use a piece 2 in. x 1 in. x 1/2 in. when eating only the vegetables with the fatback removed.

*Saturated fats can raise blood cholesterol levels.



Free Foods List

A *free food* is any food or drink that contains less than 20 calories or less than 5 grams of carbohydrate per serving. Foods with a serving size listed should be limited to three servings per day. Be sure to spread them out throughout the day. If you eat all three servings at one time, it could affect your blood glucose level. Foods listed without a serving size can be eaten as often as you like.

Fat-free Or Reduced-fat Foods

Cream cheese, fat-free	1 Tbsp
Creamers, nondairy, liquid	1 Tbsp
Creamers, nondairy, powdered	2 tsp
Mayonnaise, fat-free	1 Tbsp
Mayonnaise, reduced-fat	1 tsp
Margarine, fat-free	4 Tbsp
Margarine, reduced-fat	1 tsp
Miracle Whip®, nonfat	1 Tbsp
Miracle Whip®, reduced-fat	1 tsp
Nonstick cooking spray	
Salad dressing, fat-free	1 Tbsp
Salad dressing, fat-free, Italian	2 Tbsp
Salsa	1/4 cup
Sour cream, fat-free, reduced-fat	1 Tbsp
Whipped topping, regular or light	2 Tbsp

Sugar-free Or Low-sugar Foods

Candy, hard, sugar-free	1 candy
Gelatin dessert, sugar-free	
Gelatin, unflavored	
Gum, sugar-free	
Jam or jelly, low-sugar or light	2 tsp
Sugar substitutes [†]	
Syrup, sugar-free	2 Tbsp

[†]Sugar substitutes, alternatives, or replacements that are approved by the Food and Drug Administration (FDA) are safe to use. Common brand names include:

- Equal® (aspartame)
- Sprinkle Sweet® (saccharin)
- Sweet One® (acesulfame K)
- Sweet-10® (saccharin)
- Sugar Twin® (saccharin)
- Sweet 'n Low® (saccharin)



Drinks

Bouillon, broth, consommé	▶	
Bouillon or broth, low-sodium		
Carbonated or mineral water		
Cocoa powder, unsweetened	1 Tbsp
Coffee		
Club soda		
Diet soft drinks, sugar-free		
Drink mixes, sugar-free		
Tea		
Tonic water, sugar-free		

Condiments

Catsup	1 Tbsp
Horseradish		
Lemon juice		
Lime juice		
Mustard		
Pickles, dill	▶	
Soy sauce, regular or light	▶	1 1/2 large
Taco sauce	1 Tbsp
Vinegar		

Seasonings

Be careful with seasonings that contain sodium or are salts, such as garlic or celery salt, and lemon pepper.

Flavoring extracts
Garlic
Herbs, fresh or dried
Pimento
Spices
Tabasco® or hot pepper sauce
Wine, used in cooking
Worcestershire sauce

▶ = 400 mg or more of sodium per choice.




Combination Foods List

Many of the foods we eat are mixed together in various combinations. These combination foods do not fit into any one exchange list. Often it is hard to tell what is in a casserole dish or prepared food item. This is a list of exchanges for some typical

combination foods. This list will help you fit these foods into your meal plan. Ask your dietitian for information about any other combination foods you would like to eat.

Food	Serving Size	Exchanges Per Serving
Entrees		
Tuna noodle casserole, lasagna, spaghetti with meatballs, chili with beans, macaroni and cheese	1 cup (8 oz)	2 carbohydrates, 2 medium-fat meats
Chow mein (without noodles or rice)	2 cups (16 oz)	1 carbohydrate, 2 lean meats
Pizza, cheese, thin crust	1/4 of 10 in. (5 oz)	2 carbohydrates, 2 medium-fat meats, 1 fat
Pizza, meat topping, thin crust	1/4 of 10 in. (5 oz)	2 carbohydrates, 2 medium-fat meats, 2 fats
Pot pie	1 (7 oz)	2 carbohydrates, 1 medium-fat meat, 4 fats
Frozen entrees		
Salisbury steak with gravy, mashed potato	1 (11 oz)	2 carbohydrates, 3 medium-fat meats, 3-4 fats
Turkey with gravy, mashed potato, dressing	1 (11 oz)	2 carbohydrates, 2 medium-fat meats, 2 fats
Entree with less than 300 calories	1 (8 oz)	2 carbohydrates, 3 lean meats
Soups		
Bean	1 cup	1 carbohydrate, 1 very lean meat
Cream (made with water)	1 cup (8 oz)	1 carbohydrate, 1 fat
Split pea (made with water)	1/2 cup (4 oz)	1 carbohydrate
Tomato (made with water)	1 cup (8 oz)	1 carbohydrate
Vegetable beef, chicken noodle, or other broth-type	1 cup (8 oz)	1 carbohydrate

 = 400 mg or more sodium per exchange.



Fast Foods*

Food

Burritos with beef 
 Chicken nuggets 
 Chicken breast and wing, breaded and fried 
 Fish sandwich/tartar sauce 
 French fries, thin
 Hamburger, regular
 Hamburger, large 
 Hot dog with bun 
 Individual pan pizza 
 Soft-serve cone
 Submarine sandwich 
 Taco, hard shell 
 Taco, soft shell 

Serving Size

2
 6
 1 each
 1
 20-25
 1
 1
 1
 1
 1
 1 medium
 1 sub (6 in.)
 1 (6 oz)
 1 (3 oz)

Exchanges Per Serving

4 carbohydrates, 2 medium-fat meats, 2 fats
 1 carbohydrate, 2 medium-fat meats, 1 fat
 1 carbohydrate, 4 medium-fat meats, 2 fats
 3 carbohydrates, 1 medium-fat meat, 3 fats
 2 carbohydrates, 2 fats
 2 carbohydrates, 2 medium-fat meats
 2 carbohydrates, 3 medium-fat meats, 1 fat
 1 carbohydrate, 1 high-fat meat, 1 fat
 5 carbohydrates, 3 medium-fat meats, 3 fats
 2 carbohydrates, 1 fat
 3 carbohydrates, 1 vegetable, 2 medium-fat meats, 1 fat
 2 carbohydrates, 2 medium-fat meats, 2 fats
 1 carbohydrate, 1 medium-fat meat, 1 fat

 = 400 mg or more of sodium per serving.

*Ask at your fast-food restaurant for nutrition information about your favorite fast foods.



Using Food Labels

Nutrition Facts on food labels can help you with food choices. These labels are required by law for most foods and are based on standard serving sizes. However, these serving sizes may not always be the same as the serving sizes in this booklet.

- Check the serving size on the label. Is it nearly the same size as the food exchange? You may need to adjust the size of the serving to fit your meal plan.
- Look at the grams of carbohydrate in the serving size. (One starch, fruit, milk, or other carbohydrate has about 15 grams of carbohydrate.) So, if 1 cup of cereal has 30 grams of carbohydrate, it will count as 2 starch choices in your meal plan. You may need to adjust the size of the serving so it contains the number of carbohydrate choices you have for a meal or a snack.
- Look at the grams of protein in the serving size. (One meat choice has 7 grams of protein.) If the food has more than 7 grams of protein in a serving, you can figure out the number of meat choices by dividing the grams of protein by 7. Meats generally contain fat, too.
- Look at the grams of fat in the serving size. (One fat choice has 5 grams of fat.) If one waffle has 15 grams of carbohydrate and 5 grams of fat, it counts as 1 starch choice and 1 fat choice.
- Look at the number of calories in the serving size. If there are less than 20 calories per serving, it is a free food. However, if it has more than 20 calories, follow the steps listed above to count the food choices.

Ask your dietitian for help using information on food labels. Some food labels may also give exchanges. These are based on information in this booklet.

Chili With Beans

Nutrition Facts

Serving Size 1 cup (253 g)

Servings Per Container 2

Amount Per Serving

Calories 260

Calories from Fat 72

	% Daily Value
Total Fat 8g	13%
Saturated Fat 3g	17%
Cholesterol 130mg	44%
Sodium 1010mg	42%
Total Carbohydrate 22g	7%
Dietary Fiber 9g	36%
Sugars 4g	
Protein 25g	

Glossary

Alcohol—An ingredient in a variety of beverages, including beer, wine, liqueurs, cordials, and mixed or straight drinks. Pure alcohol itself yields about 7 calories per gram.

Calorie—A unit used to express the heat or energy value of food. Calories come from carbohydrate, protein, fat, and alcohol.

Carbohydrate—One of the three major energy sources in foods. The most common carbohydrates are sugars and starches. Carbohydrates yield about 4 calories per gram. Carbohydrates are found in foods from the Milk, Vegetable, Fruit, and Starch exchange lists.

Certified Diabetes Educators (CDE)—Health educators who specialize in diabetes and have passed the Certification Examination for Diabetes Educators are certified by the American Association of Diabetes Educators. These educators stay up-to-date on diabetes care and can help you with your diabetes management.

Cholesterol—A fat-like substance normally found in blood. A high level of cholesterol in the blood has been shown to be a major risk factor for developing heart disease. Dietary cholesterol is found in all animal products, but is especially high in egg yolks and organ meats. Eating foods high in dietary cholesterol and saturated fat tends to raise the level of blood cholesterol. Foods of plant origin such as fruits, vegetables, grains, and dried beans and peas contain no cholesterol. Cholesterol is found in foods from the Milk, Meat, and Fat exchange lists.

Dietitian—A registered dietitian (RD) is recognized by the medical profession as the primary provider of nutritional care, education, and counseling. The initials RD after a dietitian's name ensure that he or she has met the standards of The American Dietetic Association. Look for these credentials when you seek advice on nutrition.

Exchange—Foods grouped together on a list according to similarities in food values. Measured amounts of foods within the group may be exchanged or traded in planning meals. A single exchange contains approximately equal amounts of carbohydrate, protein, fat, and calories.

Fat—One of the three major energy sources in food. A concentrated source of calories—about 9 calories per gram. Fat is found in foods from the Fat and Meat lists. Some kinds of milk also have fat; some foods from the Starch list also contain fat.

***Saturated fat**—Type of fat that tends to raise blood cholesterol levels. It comes primarily from animals and is usually hard at room temperature. Examples of saturated fats are butter, lard, meat fat, solid shortening, palm oil, and coconut oil.

***Polyunsaturated fat**—Type of fat that is usually liquid at room temperature and is found in vegetable oils. Safflower, sunflower, corn, and soybean oils contain the highest amounts of polyunsaturated fats. Polyunsaturated fats, such as corn oil, can help lower high blood cholesterol levels when they are part of a healthful diet.

***Monounsaturated fat**—Type of fat that is liquid at room temperature and is found in vegetable oils, such as canola and olive oils. Monounsaturated fats can help lower high blood cholesterol levels when they are part of a lower-fat diet.

Fiber—An indigestible part of certain foods. Fiber is important in the diet as roughage, or bulk. Fiber is found in foods from the Starch, Vegetable, and Fruit exchange lists.

Gram—A unit of mass and weight in the metric system. An ounce is about 30 grams.

Insulin—A hormone made by the body that helps the body use food. Also, a commercially prepared injectable substance used by people who do not make enough of their own insulin.

Meal Plan—A guide showing the number of food exchanges to use in each meal and snack to control distribution of carbohydrates, proteins, fats, and calories throughout the day.

Mineral—Substance essential in small amounts to build and repair body tissue and/or control functions of the body. Calcium, iron, magnesium, phosphorus, potassium, sodium, and zinc are minerals.

Nutrient—Substance in food necessary for life. Carbohydrates, proteins, fats, minerals, vitamins, and water are nutrients.

Protein—One of the three major nutrients in food. Protein provides about 4 calories per gram. Protein is found in foods from the Milk and Meat exchange lists. Smaller amounts of protein are found in foods from the Vegetable and Starch lists.

Sodium—A mineral needed by the body to maintain life, found mainly as a component of salt. Many individuals need to cut down the amount of sodium (and salt) they eat to help control high blood pressure.

Starch—One of the two major types of carbohydrate. Foods consisting mainly of starch come from the Starch list.

Sugars—One of the two major types of carbohydrate. Foods consisting mainly of naturally present sugars are those from the Milk, Vegetables, and Fruit lists. Added sugars include common table sugar and the sugar alcohols (sorbitol, mannitol, etc).

Triglycerides—Fats normally present in the blood that are made from food. Gaining too much weight or consuming too much fat, alcohol, or carbohydrates may increase the blood triglycerides.

Vitamins—Substances found in food, needed in small amounts to assist in body processes and functions. These include vitamins A, D, E, the B-complex, C, and K.



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R

rabbit, 18
radishes, 15
raisin bread, unfrosted, 5
raisins, 9
raspberries, 9
rice, white or brown, 5
rice cakes, 6
rice milk, 5
ricotta cheese, 19
roll, 5
romaine lettuce, 15

S

saccharin, 22
salad dressings, 13, 22
salad greens, 15
salami, 19
salmon, 18
salsa, 22
salt pork, 21
saltine crackers, 6
sandwich crackers, 7
sandwich meats, 18, 19
sardines, 18
sauerkraut, 15
sausage, 18, 19
scallops, 18

seeds, most kinds, 21
sesame seeds, 21
shellfish, 18
sherbet, 13
shredded wheat, 5
shrimp, 18
skim milk cheeses, 18
snack chips, 6
soft serve cone, 25
soups, 24
soy milk, 19
soy sauce, 23
spaghetti, 24
spaghetti sauce, 13
spareribs, 19
spices, 23
spinach, 15
squash, summer, 15
squash, winter, 6
steak, 18, 19
strawberries, 9
stuffing, bread, 7
submarine sandwiches, 25
sugar substitutes, 22
sunflower seeds, 21

sweet roll, 13
Swiss cheese, 19
syrup, 13, 22

T
Tabasco®, 23
taco sauce, 23
taco shells, 7
tacos, 25
tahini paste, 21
tangerines, 9
tea, 23
tempeh, 19
tofu, 19
tomato juice, 15
tomatoes, 15
tonic water, 23
tortilla, 5
tortilla chips, 13
tuna, 18
turkey, 18, 19
turnips, 15

V
vanilla extract, 23

veal, 18, 19
venison, 18
vinegar, 23

W
waffles, 5, 7
walnuts, 21
water chestnuts, 15
watercress, 15
watermelon, 9
wheat germ, 5
whipped topping, 22
white bread, 5
whole-wheat crackers, 7
wine, in cooking, 23
Worcestershire sauce, 23

Y
yams, 6
yogurt, 11, 13

Z
zucchini, 15

Meal Plan

Meal Plan for: _____ Date: _____
 Dietitian: _____ Phone: _____

Carbohydrate	Grams	Percent
Protein	_____	_____
Fat	_____	_____
Calories	_____	_____

Time	Number of Exchanges/Choices	Menu Ideas	Menu Ideas
	_____ Carbohydrate group _____ Starch _____ Fruit _____ Milk _____ _____ Meat group _____ _____ Fat group _____ _____ _____		
	_____ Carbohydrate group _____ Starch _____ Fruit _____ Milk _____ ✓ _____ Vegetables _____ Meat group _____ _____ Fat group _____ _____ _____		
	_____ Carbohydrate group _____ Starch _____ Fruit _____ Milk _____ ✓ _____ Vegetables _____ Meat group _____ _____ Fat group _____ _____ _____		
	_____ _____ _____		



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