



Exchanges

STARCH

EACH SERVING CONTAINS
80 CALORIES
15 GRAMS CARBOHYDRATE

CEREALS / GRAINS

Cold unsweetened cereal: $\frac{3}{4}$ cup
Flour (dry): 3 Tbsp.
Hot cereal: $\frac{1}{2}$ cup cooked
Pasta: $\frac{1}{2}$ cup cooked
Rice (white or brown): $\frac{1}{3}$ cup cooked
Wheat germ: 3 Tbsp

BREAD

Bagel: 1 oz. (1/2 small; $\frac{1}{4}$ large)
Bread: 1 slice (1 oz.)
Breadsticks: 2 (4" x $\frac{1}{2}$ ")
English muffin: $\frac{1}{2}$
Hamburger or hot dog roll: $\frac{1}{2}$ (1 oz)
Pita: $\frac{1}{2}$ of a 6" diameter pita
Roll: small, plain 1 oz.
Tortilla: 1 6" diameter
Waffle: 4-1/2" square, reduced fat

STARCHY VEGETABLES

Baked beans: $\frac{1}{3}$ cup
Corn, cooked: $\frac{1}{2}$ cup
Mixed vegetables (corn, peas): $\frac{1}{2}$ cup
Peas, green: $\frac{1}{2}$ cup
Plantain: $\frac{1}{2}$ cup
Potato, white: small, 3 oz.
Potato mashed: $\frac{1}{2}$ cup
Squash, winter: 1 cup cooked
Yam / Sweet potato: $\frac{1}{2}$ cup

CRACKERS / SNACKS

Animal crackers: 8
Graham crackers: 3 2-1/2" squares
Melba toast: 4 slices
Popcorn: 3 cups popped, no fat added
Pretzels: 3 oz.
Saltine crackers: 6

BEANS / PEAS / LENTILS

(1 starch and 1 lean meat):

Beans & Peas: garbanzo, kidney, white, pinto, split peas: $\frac{1}{2}$ cup
Lima beans: $\frac{2}{3}$ cup
Lentils: $\frac{1}{2}$ cup

FRUIT

ONE SERVING CONTAINS
60 CALORIES
15 GRAMS CARBOHYDRATE
Apple, raw (2" across)
Applesauce (no sugar added): $\frac{1}{2}$ cup
Banana (9" long 4 oz)
Cantaloupe: 1 cup
Cherries: 12
Canned fruit: $\frac{1}{2}$ cup
Grapes: 17 small
Grapefruit: $\frac{1}{2}$ medium
Orange: 1 medium
Pear: $\frac{1}{2}$ large
Pineapple: $\frac{3}{4}$ cup fresh
Raisins: 2 Tbsp
Strawberries: 1- $\frac{1}{4}$ cup whole berries
Juice: orange, grapefruit: $\frac{1}{2}$ cup
cranberry, grape, prune: $\frac{1}{3}$ cup

MILK

ONE SERVING CONTAINS
90-150 CALORIES
12 GRAMS CARBOHYDRATE
1 cup milk or yogurt
(non-fat or 1% preferred)

VEGETABLES

ONE SERVING CONTAINS
25 CALORIES
5 GRAMS CARBOHYDRATE
One serving is $\frac{1}{2}$ cup cooked
or one cup raw:
Asparagus Mushrooms
Beets Okra
Broccoli Peppers
Brussels sprouts Pea pods
Cabbage Spinach
Carrots Tomatoes
Greens Wax Beans
Green Beans Zucchini

FATS

EACH SERVING CONTAINS
45 CALORIES
Avocado: 1/8 medium
Bacon: 1 slice
Butter: 1 tsp
Margarine: 1 tsp
Reduced fat margarine: 1 Tbsp
Mayonnaise: 1 tsp
Reduced fat mayonnaise: 1 T
Nuts/Seeds: 1 T (about 6 nuts)
Oil: 1 tsp
Salad dressing: 1 T
Reduced fat salad dressing: 2T

MEATS

LEAN (55 CALORIES/SVG)
Cottage cheese: $\frac{1}{4}$ cup
Egg whites: 2
Fresh & frozen fish: 1 oz.
Skinless white poultry : 1 oz
Lean beef (sirloin, round or flank): 1 oz.
Fat free cheese: 1 oz
Lamb (chop, roast) 1 oz.
Tuna canned in water: 1 oz.
Any processed meats with 1 gram of fat or less: 1 oz.

MEDIUM / HIGH FAT
(75-100 CALORIES / SVG)
Beef (rib, chuck, rump) 1 oz
Cheese: 1 oz.
Tuna canned in oil: 1 oz.
Eggs: 1
Pork (spareribs, ground, and pork sausage): 1 oz.
Peanut butter: 1 T
Soy milk: 1 cup
Tofu: 4 oz. or $\frac{1}{2}$ cup

FREE FOODS

EACH SERVING HAS LESS THAN 20 CALORIES
Bullion , diet sodas, coffee, tea, sugar free gum & mints, sugar substitutes, garlic, fresh herbs, lemon juice, mustard
Worcestershire sauce, 1-1/2 large pickles, 1 T each: catsup or taco sauce