



Food Exchange List

My total daily exchanges

Carbohydrate Exchanges	_____	Carbohydrate Grams	_____
Protein Exchanges	_____	Protein Grams	_____
Fat Exchanges	_____	Fat Grams	_____
Vegetable Exchanges	_____	Calorie Range	_____

Breakfast

Carbohydrates	_____	Snack	_____
	_____	Carbohydrates (Starches, Fruit, Milk)	_____
Starches	_____	Protein	_____
Fruits	_____	Fat	_____
Milk	_____		
Protein	_____		
Fat	_____		

Lunch

Carbohydrates	_____	Snack	_____
	_____	Carbohydrates (Starches, Fruit, Milk)	_____
Starches	_____	Protein	_____
Fruits	_____	Fat	_____
Milk	_____		
Protein	_____		
Fat	_____		

Dinner

Carbohydrates	_____	Snack	_____
	_____	Carbohydrates (Starches, Fruit, Milk)	_____
Starches	_____	Protein	_____
Fruits	_____	Fat	_____
Milk	_____		
Protein	_____		
Fat	_____		

BREAD

Item	Amount
Bagel or English muffin	½ (1 ounce)
Bread: whole-wheat, rye, white, pumpernickel	1 slice
Bread (reduced-calorie)	2 slices
Breadsticks (4 inches by ½ inch, crisp)	4
Dinner roll	1 small (1 ounce)
Hamburger bun, hot dog bun	½ (1 ounce)
Pita bread (6 inches)	½
Raisin bread (unfrosted)	1 slice
Tortilla (6 inches)	1

CEREAL

Item	Amount
Bran Cereal	½ cup
Grits	½ cup
Grape-Nuts, muesli, low-fat granola	¼ cup
Hot cereal: oatmeal, Cream of Wheat	½ cup
Other ready-to-eat cereals (unsweetened)	¾ cup
Puffed cereal (unfrosted)	1½ cups
Shredded wheat	1 biscuit
Shredded wheat (spoon size)	½ cup
Sugar frosted cereal	½ cup

OTHER STARCHES

Item	Amount
Barley, bulgur (cooked)	½ cup
Couscous	1/3 cup
Pasta: spaghetti, noodles, macaroni (cooked)	1/3 cup
Rice: white or brown (cooked)	1/3 cup
Wheat germ	3 tablespoons

PEAS, BEANS AND LENTILS

Item	Amount
Baked beans	1/3 cup
Dried beans, peas (cooked)	½ cup
Lentils	½ cup
Lima beans	2/3 cup

STARCHY VEGETABLES

Item	Amount
Corn	½ cup
Corn on the cob (fresh or frozen)	1 small ear (5 ounces)
Mixed vegetables with corn, peas or pasta	1 cup
Parsnips	½ cup
Peas (green)	½ cup
Potato (baked or boiled)	1 small (3 ounces)
Potato (mashed)	½ cup
Pumpkin	1 cup

STARCHY VEGETABLES (cont.)

Item	Amount
Winter squash: acorn, butternut, buttercup, Hubbard	1 cup
Yam, sweet potato (fresh or without added sugar)	½ cup

SOUPS

Item	Amount
Bean	½ cup
Broth-based	1 cup
Cream-based (low-fat or made with skim milk)	1 cup

CRACKERS AND SNACKS

Item	Amount
Animal crackers	8
Graham crackers (2 ½ inch squares)	3
Melba toast	4
Matzo	¾ ounce
Oyster crackers	24
Popcorn (low-fat microwave or popped with no added fat)	3 cups
Pretzel sticks	¾ ounce
Rice cakes or popcorn cakes (4 inches)	2
Rice minicakes or popcorn minicakes	5
Ry-Krisp	4
Saltine crackers (2 inch squares)	6
Snack chips: tortilla, potato (fat-free or baked)	15 to 20

OTHER STARCHES

The following foods are less nutritious and contain more sugar or fat. Use them only occasionally as part of a planned meal or snack.

Item	Amount
Angel food cake	1½ inch slice (1 ounce)
Biscuit (2 ½ inches)	1 small
Cake doughnut (plain)	1 small
Chow mein noodles	½ cup
Cookies	2 small (¾ ounce total)
Cornbread (2 inch square)	1 piece (2 ounces)
Corn muffin (2 inches)	1 (2 ounces)
Croissant	1 small
Croutons	¾ cup
French fries (½ of a small order)	16 to 25
Frozen yogurt	½ cup
Frozen yogurt (fat-free)	1/3 cup
Gelatin (sugar-sweetened)	½ cup
Gingersnaps	3
Ice cream (fat-free and no sugar added)	½ cup
Muffin (cupcake size)	1 small (1 ounce)
Pancake (4 inches)	1
Pudding (sugar-free)	½ cup
Pudding (sugar-sweetened)	¼ cup
Quick bread: banana, pumpkin, zucchini	3/8 inch slice (1 ounce)

OTHER STARCHES (cont.)

Item	Amount
Sherbet, sorbet	1/3 cup
Stuffing (bread)	1/3 cup
Taco shells (6 inches)	2
Vanilla wafers	5
Waffle (4 inches)	1
Unfrosted cake (2 inch square)	1

FRUITS

Item	Amount
Apple	1 small (4 ounces or 2 inches across)
Apple, dried	4 rings
Apricots	4 medium
Apricots, dried	8 halves
Banana	½ (4 ounces)
Blackberries	¾ cup
Blueberries	¾ cup
Cantaloupe	1/3 small (1 cup cubed)
Cherries	12 large
Dates	3 medium
Figs, dried	1½ medium
Figs, fresh	2 medium or 1½ large
Grapefruit	½ large
Grapes	17 small (3 ounces)
Guava	1 medium
Honeydew melon	1/8 medium (1 cup cubed)
Kiwi	1 large
Kumquats	5 medium
Mango	½ small
Nectarine	1 small
Orange	1 small (2½ inches across, or 6½ ounces)
Papaya	½ medium (1 cup)
Passion fruit	3 medium
Peach	1 medium
Pear	½ large (4 ounces)
Persimmons	2 medium
Pineapple, fresh	¾ cup
Plums	2 small (5 ounces)
Pomegranate	½ medium
Prickly pear	1 large
Prunes	3 medium
Raisins	2 tablespoons
Raspberries	1 cup
Strawberries	1¼ cup
Tangelo	1 medium
Tangerine	2 small (8 ounces)
Watermelon, crushed	1¼ cup

FRUITS (cont.)

Item	Amount
Canned or frozen fruit (unsweetened)	
Applesauce, apricots, cherries, fruit cocktail, grapes, peaches, pears, pineapple or plums	½ cup
Grapefruit or mandarin oranges	¾ cup

Fruit juice (unsweetened)	
Apple cider, apple juice, apricot nectar, grapefruit juice, orange juice, peach nectar, pear nectar, pineapple juice or tangerine juice	½ cup
Cranberry juice cocktail, grape juice, prune juice or fruit juice blends of 100% juice	1/3 cup
Cranberry juice cocktail (reduced calorie)	1 cup

MILK and MILK PRODUCTS

Item	Amount
Fat-Free and low-fat milk products	
Buttermilk (fat-free or low-fat)	1 cup (8 ounces)
Dry milk powder (fat-free)	1/3 cup
Evaporated skim milk	½ cup
Hot chocolate mix (sugar-free, made with water)	1 cup (8 ounces)
Milk (1/2 percent and 1 percent)	1 cup (8 ounces)
Pudding (sugar-free, made with skim milk)	½ cup
Yogurt (fat-free, made with sugar substitute)	2/3 cup (6 ounces)
Yogurt (plain, fat-free)	2/3 cup (6 ounces)

Reduced-fat milk products	
Milk (2 percent)	1 cup (8 ounces)
Soy milk (plain)	1 cup (8 ounces)
Yogurt (plain, reduced-fat)	¾ cup

Whole milk products	
Evaporated whole milk	½ cup
Milk (whole)	1 cup

MEAT and MEAT SUBSTITUTES

Item	Amount
Lean meats and meat substitutes	
Poultry without skin (chicken, turkey, duck, goose, pheasant, Cornish hen)	1 ounce
Wild game (venison, rabbit, elk, buffalo, ostrich)	1 ounce
Dried beans, peas, lentils (cooked)	½ cup
Fish (fresh or frozen)	1 ounce
Herring	1 ounce
Tuna, salmon or mackerel (canned, drained)	1 ounce
Sardines	2 medium
Clams, crab, scallops, oysters, lobster, shrimp, imitation shellfish	1 ounce
Beef, USDA select or choice, fat-trimmed (rib, chuck and rump roasts; ground round; round, sirloin, flank, T-bone, porterhouse steaks)	1 ounce
Lamb (roast, chop, leg)	1 ounce
Pork (tenderloin, center loin chop, ham)	1 ounce
Veal (roast, lean chop)	1 ounce
Cheese (less than 3 grams of fat per ounce)	1 ounce
Cottage cheese (fat-free, low-fat or regular)	¼ cup

MEAT and MEAT SUBSTITUTES (cont.)

Item	Amount
Lean meats and meat substitutes	
Parmesan cheese	2 tablespoons
Egg substitute	¼ cup
Egg whites	2
Hot dog, fat-free or low-fat (less than 3 grams of fat per ounce)	1 small
Luncheon meat, (fat-free or low-fat (less than 3 grams of fat per ounce)	1 ounce
Medium-fat meats and meat substitutes	
Poultry with skin	1 ounce
Fried fish	1 ounce
Ground meat (beef, chicken, lamb, turkey)	1 ounce
Beef (meatloaf, corned beef, short ribs, prime cuts trimmed of fat)	1 ounce
Lamb (rib roast)	1 ounce
Veal (cutlet)	1 ounce
Sausage (less than 5 grams of fat per ounce)	1 ounce
Cheese (feta, mozzarella or others with less than 5 grams of fat per ounce)	1 ounce
Ricotta cheese	¼ cup
Egg (limit to 3 a week)	1
Tempeh	¼ cup
Tofu (soybean curd)	½ cup (4 ounces)
High-fat meats and meat substitutes	
Pork spareribs, ground pork	1 ounce
Bacon	3 slices
Sausage (Polish, bratwurst, kielbasa)	1 ounce
Breakfast sausage	1 patty or 2 links
Hot dog (turkey, chicken, beef, pork or combination)	1
Luncheon meats (bologna, salami)	1 ounce
Organ meats (liver, heart)	1 ounce
Cheese (American, cheddar, Colby, Monterey Jack, Swiss)	1 ounce
Cheese spread	2 tablespoons
Peanut butter	1 tablespoon (count as 1 meat and 2 fats)

FATS

Item	Amount
Monounsaturated fats	
Avocado	2 tablespoons
Nuts: pecans, almonds or cashews	4 to 6
Oil: canola, olive, peanut or sesame	1 teaspoon
Olives, black or ripe	8 large
Olives, green	10 large
Peanut butter, smooth or crunchy	½ tablespoon
Peanuts	10 large
Sesame seeds	1 tablespoon
Tahini or sesame paste	2 teaspoons
Margarine	1 teaspoon

FATS (cont.)

Item	Amount
Polyunsaturated fats	
Margarine, reduced-fat or light	1 tablespoon
Mayonnaise	1 teaspoon
Mayonnaise, reduced-fat	1 tablespoon
Miracle Whip reduced-fat salad dressing	1 tablespoon
Miracle Whip salad dressing	2 teaspoons
Non-dairy cream substitute, liquid or powder	¼ cup
Salad dressing, reduced-fat	2 tablespoons
Salad dressing, regular	1 tablespoon
Tartar sauce	1 tablespoon
Tartar sauce, reduced-fat	2 tablespoons
Walnuts	4 halves

Saturated fats

Bacon, crisp	1 strip
Bacon fat	1 teaspoon
Butter	1 teaspoon
Butter, reduced-fat	1 tablespoon
Butter, whipped	2 teaspoons
Coconut, shredded	2 tablespoons
Cream cheese	1 tablespoon
Cream cheese, reduced fat	1 ½ tablespoons
Gravy	2 tablespoons
Half-and-half (light cream)	2 tablespoons
Heavy cream	1 tablespoon
Salt pork	1-inch cube
Shortening or lard	1 teaspoon
Sour cream	2 tablespoons
Sour cream, reduced fat	3 tablespoons

SWEETS, DESSERTS and OTHER CARBOHYDRATES

Food	Amount	Exchanges (servings)
Angel food cake, unfrosted	1½ - inch slice (1 ounce)	1 carbohydrate
Brownie, unfrosted	2-inch square (1 ounce)	1 carbohydrate and 1 fat
Cake, unfrosted	2-inch square (1 ounce)	1 carbohydrate and 1 fat
Cake, frosted	2-inch square (2 ounces)	2 carbohydrates and 1 fat
Cake doughnut, plain	1 small	1 carbohydrate
Chocolate mint patty, small	1 piece (12 grams)	1 carbohydrate
Cookie or sandwich cookie with cream filling	2 small (2/3 ounce total)	1 carbohydrate and 1 fat
Frozen yogurt (fat-free)	1/3 cup	1 carbohydrate
Gelatin (sugar-sweetened)	½ cup	1 carbohydrate
Gingersnaps	3	1 carbohydrate
Hershey's Milk Chocolate Bar, plain	1½ ounces	2 carbohydrate and 2½ fats
Hershey's Milk Chocolate Bar, with Almonds	1½ ounces	1 carbohydrate, 2 fats and 1 meat
Hershey's Kisses, plain chocolate	6 pieces	1 carbohydrate and 2 fats
Hershey's Kisses, milk chocolate with almonds	6 pieces	1 carbohydrate and 2 fats
Ice cream (fat-free and no sugar added)	½ cup	1 carbohydrate

SWEETS, DESSERTS and OTHER CARBOHYDRATES (cont.)

Food	Amount	Exchanges (servings)
Jelly beans	14 pieces (1 ounce)	2 carbohydrates
Jelly beans (sugar-free)	25 pieces (1 ounce)	1 carbohydrate
Lindt truffles	3 pieces	1 carbohydrate and 3 fats
Low-carb chocolate-mint wafer bar	1 ounce	½ carbohydrate and 2 fats
M&M's, plain	1½ ounces	2 carbohydrates and 2 fats
M&M's, peanut	1¾ ounces	2 carbohydrates, 1½ fats, and 1 meat
Muffin (cupcake size)	1 small (1 ounce)	1 carbohydrate
Nestle's milk chocolate bar with crisped rice	1½ ounces	2 carbohydrates and 2 fats
Pancake (4 inches across)	1	1 carbohydrate
Pudding (sugar-free)	½ cup	1 carbohydrate
Pudding (sugar-sweetened)	¼ cup	1 carbohydrate
Reese's Peanut Butter Cup (miniature)	4 pieces	1 carbohydrate and 1 fat
Quick bread: banana, pumpkin, zucchini	3/8-inch slice (1ounce)	1 carbohydrate
Sherbet, sorbet	¼ cup	1 carbohydrate
Snickers bar (fun size)	1 bar (3/4 ounces)	1 carbohydrate and 1 fat
Strawberry twists	2½ ounces	3½ carbohydrates
Vanilla wafers	5	1 carbohydrate
Waffle (4 inches across)	1	1 carbohydrate

FREE FOODS

Beverages

Water	Carbonated or flavored water (sugar-free)
Club soda	Coffee: regular or decaffeinated
Diet soft drinks (sugar-free)	Drink mixes (sugar-free)
Mineral water	Tea
Tonic water (sugar-free)	

Seasonings

Butter flavoring (fat-free)	Garlic
Herbs	Pepper
Spices	Flavored extracts
Horseradish	Hot pepper sauce
Lemon juice	Lime juice
Non-stick pan spray	Pimento
Vinegar	Wine in cooking
Worcestershire or soy sauce	

Miscellaneous

Bouillon or broth (fat-free)	Flavored gelatin (sugar-free)
Flavored gelatin (sugar-free)	Gum (sugar-free)
Sugar substitutes (aspartame, saccharin or acesulfame-K)	Unflavored gelatin (plain)

Condiments

Item	Amount
Barbecue sauce	1 to 2 tablespoons
Cocktail sauce	1 to 2 tablespoons
Dill pickles	1½ large
Jam or jelly (low-sugar or light)	1 to 2 tablespoons
Ketchup	1 to 2 tablespoons

Condiments (cont.)

Item	Amount
Margarine, fat-free	4 tablespoons
Mayonnaise, fat-free	1 tablespoon
Miracle Whip Salad Dressing, fat-free	1 tablespoon
Non-dairy creamer	2 tablespoons
Pancake syrup, fat-free	1 to 2 tablespoons
Pickle relish	1 tablespoon
Salad dressing, fat-free	1 tablespoon
Salsa	¼ cup
Sour cream, fat-free	1 tablespoon
Soy sauce (regular or light)	1 tablespoon
Sweet and sour sauce	1 tablespoon
Sweet pickles, bread-and-butter	2 slices
Sweet pickles, gherkin	¾ ounce
Teriyaki sauce	1 tablespoon

Miscellaneous

Cream cheese, fat-free	1 tablespoon
Cocoa powder, unsweetened	1 tablespoon
Cranberries, sweetened with sugar substitute	½ cup
Hard candy, sugar-free	2 to 3 pieces
Rhubarb, sweetened with sugar substitute	½ cup
Whipped topping (low-fat or fat-free)	2 tablespoons

COMBINATION FOODS LIST

Entrees

Food	Serving Size	Exchanges (per serving)
Tuna noodle casserole, lasagna, spaghetti with meatballs, 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
Tuna or chicken salad	½ cup (3 ½ oz.)	½ carbohydrate, 2 lean meats, 1 fat

Frozen Entrees and Meals

Dinner-type meal*	Generally 14-17 oz.	3 carbohydrates, 3 medium-fat meats, 3 fats
Meatless burger, soy based	3 oz.	½ carbohydrate, 2 lean meats
Meatless burger, vegetable and starch based	3 oz.	1 carbohydrate, 1 lean meat
Pizza, cheese thin crust*	¼ of 12 inch pizza (6 oz.)	2 carbohydrates, 2 medium-fat meats, 1½ fats
Pizza, meat topping, thin crust*	½ of 12 inch pizza (6 oz.)	2 carbohydrates, 2 medium-fat meats, 1 ½ fats
Pot pie*	1 (7 oz.)	2½ carbohydrates, 1 medium-fat meat, 3 fats
Entrée or meal with less than 340 calories*	About 8-11 oz.	2-3 carbohydrates, 1-2 lean meats

Soups

Bean*	1 cup (8 oz.)	1 carbohydrate, 1 very lean meat
Cream (made with water)*	1 cup (8 oz.)	1 carbohydrate, 1 fat
Instant*	6 oz. prepared	1 carbohydrate
Instant with beans/lentils*	1 cup (8 oz.) prepared	2½ carbohydrates, 1 very lean meat
Split pea (made with water)*	½ cup (4 oz.)	1 carbohydrate

COMBINATION FOODS LIST (cont.)

Entrees

Food	Serving Size	Exchanges (per serving)
Tomato (made with water)*	1 cup (8 oz.)	1 carbohydrate
Vegetable beef, chicken noodle, or other broth-type*	1 cup (8 oz.)	1 carbohydrate

FAST FOODS LIST

Food	Serving Size	Exchanges (per serving)
Burrito with beef*	1 (5-7 oz.)	3 carbohydrates, 1 medium-fat, 1 fat
Chicken nuggets*	6	1 carbohydrate, 2 medium-fat meats, 1 fat
Chicken breast and wing, breaded and fried*	1 each	1 carbohydrate, 4 medium-fat meats, 2 fats
Chicken wings, hot*	6 (5 oz.)	1 carbohydrate, 5 medium-fat meats, 1½ fats
Fish sandwich with tartar sauce	1	3 carbohydrates, 1 medium-fat meat, 3 fats
French fries*	1 medium serving (5 oz.)	4 carbohydrates, 4 fats
Hamburger, regular*	1	2 carbohydrates, 2 medium-fat meats
Hamburger, large*	1	2 carbohydrates, 3 medium-fat meats, 1 fat
Hot dog with bun*	1	1 carbohydrate, 1 high-fat meat, 1 fat
Individual pan pizza*	1	5 carbohydrates, 3 medium-fat meats, 3 fats
Pizza, cheese, thin crust*	¼ of 12 inch pizza (about 6 oz.)	2½ carbohydrates, 2 medium-fat meats, 1½ fats
Pizza, meat, thin crust*	¼ of 12 inch pizza (about 6 oz.)	2½ carbohydrates, 2 medium-fat meats, 2 fats
Soft-serve cone	1 small (5 oz.)	2½ carbohydrates, 1 fat
Submarine sandwich (regular)*	1 sub (6 inch)	3½ carbohydrates, 2 medium-fat meats, 1 fat
Submarine sandwich (less than 6 grams fat)*	1 sub (6 inch)	3 carbohydrates, 2 very lean meats
Taco, hard or soft shell*	1 (3-3 ½ oz.)	1 carbohydrate, 1 medium-fat meat, 1 fat

* = 400 mg or more of sodium per exchange

Sources

American Diabetes Association
Mayo Clinic

If you are a registered University of Illinois student and you have questions or concerns, or need to make an appointment, please call: **Dial-A-Nurse at 333-2700**

If you are concerned about any difference in your treatment plan and the information in this handout, you are advised to contact your health care provider.

Visit the McKinley Health Center Web site at: <http://www.mckinley.uiuc.edu>