

Following the Meal Plan

Carefully follow the meal plan calculated for you. Daily calculation of calories and other nutrients is not necessary when utilizing a meal plan. Foods have been divided into six groups having similar nutritional value. These six groups are:

Fruit	Milk
Starch	Meat/Protein
Vegetables	Fat

By following your exchange pattern, you will receive the necessary nutrients your body needs for normal functioning. An individual who is already consuming a nutritionally adequate diet will have fewer adjustments to make.

What you eat has a very important effect on how you feel and how your body functions. The following pages contain the necessary information for meal planning and will serve as a reference to you while meal planning at home. Remember that we are providing only guidelines.

THE WORK IS UP TO YOU!

Total Choices for the Day

_____	Fruit	_____	Milk
_____	Starch	_____	Meat/Protein
_____	Vegetables	_____	Fat

STARCH

Cereals, grains, pasta, breads, crackers, snacks, starchy vegetables and cooked beans, peas, and lentils are starches. In general, 1 starch is:

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

A choice on the **Starch** list has 15 grams of carbohydrate per serving.

Bread	Serving Size	Exchange
Bagel, large (about 4 oz)	1/4 (1 oz)	1 starch
Biscuit, 2 1/2 inches across	1	1 starch + 1 fat
*Bread		
reduced-calorie	2 slices (1 1/2 oz)	1 starch
white, whole grain, pumpernickel, rye	1 slice (1 oz)	1 starch
Cornbread, 1 3/4 inch cube	1 (1 1/2 oz)	1 starch + 1 fat
English muffin	1/2 muffin	1 starch
Hot dog bun or hamburger bun	1/2 (1 oz)	1 starch
Pancake, 4 inches across, 1/4 inch thick	1	1 starch
Pita, 6 inch across	1/2 pita	1 starch
Roll, plain, small	1 (1 oz)	1 starch
Stuffing, bread	1/3 cup	1 starch + 1 fat
Taco shell, 5 inches across	2	1 starch + 1 fat
Tortilla, corn, 6 inches across	1	1 starch
Tortilla, flour, 6 inches across	1	1 starch
Tortilla, flour, 10 inches across	1/3 tortilla	1 starch
Waffle, 4-inch square or 4 inches across	1	1 starch + 1 fat

*More than 3 grams of dietary fiber per serving.

STARCH continued

Cereals and Grains	Serving Size	Exchange
Barley, cooked	1/3 cup	1 starch
Bran, dry	1/4 cup	1 starch
*oat		
*wheat	1/2 cup	1 starch
*Bulgur (cooked)	1/2 cup	1 starch
Cereals		
*bran	1/2 cup	1 starch
cooked (grits, oats, oatmeal)	1/2 cup	1 starch
puffed	1 1/2 cups	1 starch
shredded wheat, plain	1/2 cup	1 starch
sugar-coated	1/2 cup	1 starch
unsweetened, ready-to-eat	3/4 cup	1 starch
Couscous	1/3 cup	1 starch
Granola		
low-fat	1/4 cup	1 starch
regular	1/4 cup	1 starch + 1 fat
Kasha	1/2 cup	1 starch
Muesli	1/4 cup	1 starch
Pasta, cooked	1/3 cup	1 starch
Polenta, cooked	1/3 cup	1 starch
Quinoa, cooked	1/3 cup	1 starch
Rice, white or brown, cooked	1/3 cup	1 starch
Tabouli, prepared	1/2 cup	1 starch
Wheat germ, dry	3 Tbsp	1 starch
Wild rice, cooked	1/2 cup	1 starch

*More than 3 grams of dietary fiber per serving.

Tip: An open handful is equal to about 1 cup or 1 to 2 oz of snack food.

STARCH continued

Starchy Vegetables	Serving Size	Exchange
Cassava	1/3 cup	1 starch
Corn	1/2 cup	1 starch
on cob, large	1/2 cob (5 oz)	1 starch
*Hominy, canned	3/4 cup	1 starch
*Mixed vegetables w/corn, peas, or pasta	1 cup	1 starch
*Parsnips	1/2 cup	1 starch
*Peas, green	1/2 cup	1 starch
Plantain, ripe	1/3 cup	1 starch
Potato		
baked with skin	1/4 large (3 oz)	1 starch
boiled, all kinds	1/2 cup or 1/2 medium (3 oz)	1 starch
mashed, with milk and fat	1/2 cup	1 starch + 1 fat
French fried (oven-baked)	1 cup (2 oz)	1 starch
*Pumpkin, canned, no sugar added	1 cup	1 starch
Spaghetti/pasta sauce	1/2 cup	1 starch
*Squash, winter (acorn, butternut)	1 cup	1 starch
*Succotash	1/2 cup	1 starch
Yam, sweet potato, plain	1/2 cup	1 starch

*More than 3 grams of dietary fiber per serving.

STARCH continued

Crackers and Snacks	Serving Size	Exchange
Animal crackers	8	1 starch
Crackers		
round-butter type	6	1 starch + 1 fat
saltine-type	6	1 starch
sandwich-style, cheese or PB filling	3	1 starch + 1 fat
whole-wheat regular	2-5 (3/4 oz)	1 starch + 1 fat
*whole-wheat lower fat or crispbreads	2-5 (3/4 oz)	1 starch
Graham cracker, 2 1/2-inch square	3	1 starch
Melba toast, about 2-inch by 4-inch piece	4 pieces	1 starch
Oyster crackers	20	1 starch
Popcorn		
*with butter	3 cups	1 starch + 1 fat
* no fat added	3 cups	1 starch
*lower fat	3 cups	1 starch
Pretzels	3/4 oz	1 starch
Rice cakes, 4 inches across	2	1 starch
Snack chips		
baked (tortilla, potato), baked pita chips	15-20 (3/4 oz)	1 starch
regular (tortilla, potato)	9-13 (3/4 oz)	1 starch + 1 fat

Beans, Peas, Lentils	Serving Size	Exchange
*Baked beans	1/3 cup	1 starch + 1 meat
*Beans, cooked (black, garbanzo, kidney, lima, navy, pinto, white)	1/2 cup	1 starch + 1 meat
*Lentils, cooked (brown, green, yellow)	1/2 cup	1 starch + 1 meat
*Peas, cooked (black-eyed, split)	1/2 cup	1 starch + 1 meat
*Refried beans	1/2 cup	1 starch + 1 meat

*More than 3 grams of dietary fiber per serving.

FRUITS

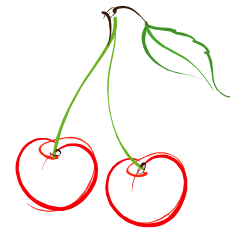
The list below includes fresh, frozen, canned and dried fruits, and fruit juices. The serving size listed below includes skin, core, seeds, & rind.

In general, 1 fruit choice is:

- 1/2 cup of canned or fresh fruit or unsweetened fruit juice
- 1 small fresh fruit (4 oz)
- 2 tablespoons of dried fruit

A choice on the **Fruits** list has 15 grams of carbohydrate per serving.

Fruit	Serving Size	Exchange
Apple, unpeeled, small	1	1 fruit
Apples, dried	4 rings	1 fruit
Applesauce, unsweetened	1/2 cup	1 fruit
Apricots		
canned	1/2 cup	1 fruit
dried	8 halves	1 fruit
*fresh	4 whole	1 fruit
Banana, small	1	1 fruit
*Blackberries	3/4 cup	1 fruit
Blueberries	3/4 cup	1 fruit
Cantaloupe, small	1/3 melon or 1 cup cubed	1 fruit
Cherries		
sweet, canned	1/2 cup	1 fruit
sweet fresh	12	1 fruit
Dates	3	1 fruit
Dried fruits	2 Tbsp	1 fruit
Figs		
dried	1 1/2	1 fruit
*fresh	1 1/2 large or 2 medium	1 fruit
Fruit cocktail	1/2 cup	1 fruit
Grapefruit		
large	1/2 fruit	1 fruit
sections, canned	3/4 cup	1 fruit
Grapes, small	17	1 fruit
Honeydew melon	1 slice or 1 cup cubed	1 fruit
*Kiwi	1	1 fruit
Mandarin oranges, canned	3/4 cup	1 fruit
Mango, small	1/2 fruit or 1/2 cup	1 fruit
Nectarine, small	1	1 fruit
*Orange, small	1	1 fruit



*More than 3 grams of dietary fiber per serving.

FRUITS continued

Fruit	Serving Size	Exchange
Papaya	1/2 fruit or 1 cup cubed	1 fruit
Peaches		
canned	1/2 cup	1 fruit
fresh, medium	1	1 fruit
Pears		
canned	1/2 cup	1 fruit
fresh, large	1/2 pear	1 fruit
Pineapple		
canned	1/2 cup	1 fruit
fresh	3/4 cup	1 fruit
Plums		
canned	1/2 cup	1 fruit
dried (prunes)	3	1 fruit
small	2	1 fruit
*Raspberries	1 cup	1 fruit
*Strawberries	1 1/4 cup whole berries	1 fruit
*Tangerines, small	2	1 fruit
Watermelon	1 slice or 1 1/4 cups cubes	1 fruit

Fruit Juice	Serving Size	Exchange
Apple juice/cider	1/2 cup	1 fruit
Fruit juice blends, 100% juice	1/3 cup	1 fruit
Grape juice	1/3 cup	1 fruit
Grapefruit juice	1/2 cup	1 fruit
Orange juice	1/2 cup	1 fruit
Pineapple juice	1/2 cup	1 fruit
Prune juice	1/3 cup	1 fruit

*More than 3 grams of dietary fiber per serving.

MILK

Different types of milk and milk products are on this list. However, two types of milk products are found in other lists:

- Cheeses are on the **Meat & Meat Substitutes** list (because they are rich in protein).
- Cream and other dairy fats are on the **Fats** list.

Milk and yogurts are grouped in three categories (fat-free/low-fat, reduced-fat, or whole) based on the amount of fat they contain.

1 cup equals 8 fluid ounces or 1/2 pint.

A choice on the **Milk** list has 12 grams of carbohydrate per serving.



Milk and Yogurt	Serving Size	Exchange
Fat-free or low-fat (1%)		
Milk, buttermilk, acidophilus, Lactaid	1 cup	1 milk
Evaporated milk	1/2 cup	1 milk
Yogurt, plain or flavored with an artificial sweetener	2/3 cup (6 oz)	1 milk
Reduced-fat (2%)		
Milk, acidophilus, kefir, Lactaid	1 cup	1 milk
Yogurt, plain	2/3 cup (6 oz)	1 milk
Whole		
Milk, buttermilk, goat's milk	1 cup	1 milk
Evaporated milk	1/2 cup	1 milk
Yogurt, plain	8 oz	1 milk

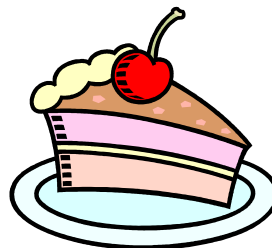
Dairy-Like Foods	Serving Size	Exchange
Chocolate milk		
fat-free	1 cup	1 milk + 1 carbohydrate
whole	1 cup	1milk + 1 carbohydrate
Eggnog, whole milk	1/2 cup	1 carbohydrate + 2 fats
Rice drink		
flavored, low-fat	1 cup	2 carbohydrates
plain, fat-free	1 cup	1 carbohydrate
Smoothies, flavored, regular	10 oz	1 milk + 2 1/2 carbohydrates
Soy milk		
light	1 cup	1 carbohydrate + 1/2 fat
regular, plain	1 cup	1 carbohydrate + 1 fat
Yogurt		
and juice blends	1 cup	1 milk + 1 carbohydrate
low carbohydrate	2/3 cup (6 oz)	1/2 milk
with fruit, low-fat	2/3 cup (6 oz)	1 milk + 1 carbohydrate

SWEETS, DESSERTS & OTHER CARBOHYDRATES

You can substitute food choices from this list for other carbohydrate-containing foods (such as those found on the **Starch**, **Fruits**, or **Milk** lists) in your meal plan, even though these foods have added sugars or fat.

Beverages, Soda, Energy Drinks	Serving Size	Exchange
Cranberry juice cocktail	1/2 cup	1 carbohydrate
Energy drink	1 can (8.3 oz)	2 carbohydrates
Fruit drink or lemonade	1 cup (8 oz)	2 carbohydrates
Hot chocolate		
regular	1 envelope added	1 carbohydrate + 1 fat
sugar-free or light	1 envelope added to 8 oz water	1 carbohydrate
Soft drinks (soda), regular	1 can (12 oz)	2 1/2 carbohydrates
Sports drink	1 cup (8 oz)	1 carbohydrate

Baked Goods, Gelatin & Pudding	Serving Size	Exchange
Brownie, small, unfrosted	1 1/4 -inch square, 7/8 inch high (about 1 oz)	1 carbohydrate + 1 fat
Cake		
angel food, unfrosted	1/12 of cake (about 2 oz)	1 carbohydrate
frosted	2-inch square (about 2 oz)	2 carbohydrates + 1 fat
unfrosted	2-inch square (about 2 oz)	1 carbohydrate + 1 fat
Cookie		
chocolate chip	2 cookie (2 1/4 inches across)	1 carbohydrate + 2 fats
gingersnap	3 cookies	1 carbohydrate
sandwich, w/crème filling	2 small (about 2/3 oz)	1 carbohydrate + 1 fat
sugar-free	3 small or 1 large (3/4 - 1 oz)	1 carbohydrate + 1-2 fats
vanilla wafer	5 cookies	1 carbohydrate + 1 fat
Cupcake, frosted	1 small (about 1 3/4 oz)	2 carbohydrates + 1 fat
Fruit, cobbler	1/2 cup (3 1/2 oz)	3 carbohydrates + 1 fat
Gelatin, regular	1/2 cup	1 carbohydrate
Pie		
commercially prepared fruit, 2 crusts	1/6 of 8-inch pie	3 carbohydrates + 2 fats
pumpkin or custard	1/8 of 8-inch pie	1 1/2 carbohydrates + 1 1/2 fats
Pudding		
regular (made w/2% milk)	1/2 cup	2 carbohydrates
sugar-free or sugar and fat-free	1/2 cup	1 carbohydrate



SWEETS, DESSERTS & OTHER CARBOHYDRATES continued

Candy, Sweeteners, Spreads, Toppings

	Serving Size	Exchange
Candy bar, chocolate/peanut	2 "fun size" bars (1 oz)	1 1/2 carbohydrates + 1 1/2 fats
Candy, hard	3 pieces	1 carbohydrate
Chocolate "kisses"	5 pieces	1 carbohydrate + 1 fat
Coffee creamer		
dry, flavored	4 tsp	1/2 carbohydrate + 1/2 fat
liquid, flavored	2 Tbsp	1 carbohydrate
Fruit snacks, chewy	1 roll (3/4 oz)	1 carbohydrate
Fruit spreads, 100% fruit	1 1/2 Tbsp	1 carbohydrate
Honey	1 Tbsp	1 carbohydrate
Jam or jelly, regular	1 Tbsp	1 carbohydrate
Syrup		
chocolate	2 Tbsp	2 carbohydrates
light (pancake type)	2 Tbsp	1 carbohydrate
regular (pancake type)	1 Tbsp	1 carbohydrate

Doughnuts, Muffins, Pastries, Sweet Breads

	Serving Size	Exchange
Banana nut bread	1-inch slice (1 oz)	2 carbohydrates + 1 fat
Doughnut		
cake, plain	1 medium (1 1/2 oz)	1 1/2 carbohydrates + 2 fats
yeast type, glazed	3 3/4 inches across (2 oz)	2 carbohydrates + 2 fats
Muffin (4 oz)	1/4 muffin (1 oz)	1 carbohydrate + 1/2 fat
Sweet roll or Danish	1 (2 1/2 oz)	2 1/2 carbohydrates + 2 fats



SWEETS, DESSERTS & OTHER CARBOHYDRATES continued

Frozen Desserts	Serving Size	Exchange
Frozen pops	1	1/2 carbohydrate
Fruit juice bars, frozen, 100% juice	1 bar (3 oz)	1 carbohydrate
Ice cream		
fat-free	1/2 cup	1 1/2 carbohydrates
light	1/2 cup	1 carbohydrate + 1 fat
no sugar added	1/2 cup	1 carbohydrate + 1 fat
regular	1/2 cup	1 carbohydrate + 2 fats
Sherbet, sorbet	1/2 cup	2 carbohydrates
Yogurt, frozen		
fat-free	1/3 cup	1 carbohydrate
regular	1/2 cup	1 carbohydrate + 0-1 fat



Meal Replacement Bars, Trail Mix	Serving Size	Exchange
Granola or snack bar, regular or low-fat	1 bar (1 oz)	1 1/2 carbohydrates
Meal replacement bar	1 bar (1 1/3 oz)	1 1/2 carbohydrates + 1 fat
Meal replacement bar	1 bar (2 oz)	2 carbohydrates + 1 fat
Meal replacement shake, reduced calorie	1 can (10-11 oz)	1 1/2 carbohydrates + 1 fat
Trail mix		
candy/nut- based	1 oz	1 carbohydrates + 2 fats
dried fruit-based	1 oz	1 carbohydrates + 1 fat

NON-STARCHY VEGETABLES

One non-starchy vegetable choice is:

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

If you eat 3 cups or more of raw vegetables or 1 1/2 cups of cooked vegetables in one meal, you may count them as 1 carbohydrate choice.

Salad greens (like chicory, endive, escarole, lettuce, spinach, arugula, radicchio, watercress) are under the **Free Foods** list.

*A choice on the **Non-Starchy Vegetables** list equals 5 grams of carbohydrate per serving.*

Amaranth or Chinese spinach	Cucumber	Rutabaga
Artichoke	Eggplant	Sauerkraut
Artichoke hearts	Gourds (bitter, bottle, luffa, mustard, turnip)	Soybean sprouts
Asparagus	Greens (collard, kale, mustard, turnip)	Spinach
Baby corn	Green onions or scallions	Squash (summer, crookneck, zucchini)
Bamboo shoots	Hearts of palm	Sugar snap peas
Beans (green, wax, Italian)	Jicama	*Swiss chard
Bean sprouts	Leeks	Tomato
Beets	Mushrooms, all kinds, fresh	Tomatoes, canned
Broccoli	Okra	Tomato sauce
*Brussels sprouts	Onions	Tomato, vegetable juice
Cabbage (green, bok choy, Chinese)	Oriental radish or daikon	Turnips
*Carrots	Pea pods	Water chestnuts
Cauliflower	*Peppers (all varieties)	Yard-long beans
Celery	Radishes	
*Chayote		
Coleslaw, packaged, no dressing		

**More than 3 grams of dietary fiber per serving.*

MEAT & MEAT SUBSTITUTES

Portion size is an important part of meal planning. The **Meat & Meat Substitutes** list is based on cooked weight (4 ounces of raw meat is equal to 3 ounces of cooked meat) after bone and fat have been removed. Try using the following comparisons to help estimate portion sizes:

- 1 ounce of cooked meat, poultry, or fish is about the size of a matchbox.
- 3 ounces of cooked, meat, poultry, or fish is about the size of a deck of playing cards.
- 2 tablespoons of peanut butter is about the size of a golf ball.
- The palm of a woman's hand is about 3 to 4 ounces of cooked, boneless meat. The palm of a man's hand is a larger serving.
- 1 ounce of cheese is about the size of 4 dice.

The **Meat & Meat Substitutes** list is based upon the number of ounces required in your meal plan on a daily basis. Each of the proteins listed is a one ounce portion unless noted otherwise.

*A choice on the **Meat & Meat Substitutes** list has 7 grams of protein per serving.*

Beef	Serving Size	Exchange
USDA select or choice grades of lean beef, round, sirloin, chuck, flank steak, tenderloin, rib eye, corned beef	1 oz	1 meat
Ground beef, ground round	1 oz	1 meat
Beef jerky	1 oz	1 meat

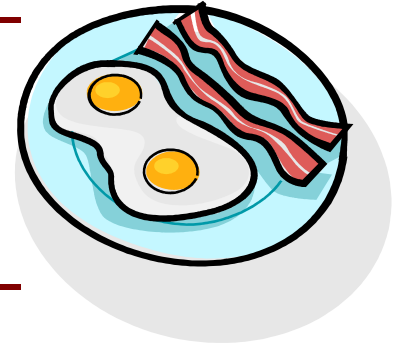
Fish/Seafood	Serving Size	Exchange
Fresh or frozen, plain: catfish, cod, flounder, haddock, halibut, orange roughy, salmon, tilapia, trout, tuna	1 oz	1 meat
Smoked: herring or salmon (lox)	1 oz	1 meat
Fried fish	1 oz	1 meat
Oysters, fresh or frozen	6 medium	1 meat
Salmon, canned	1 oz	1 meat
Shellfish: clams, crab, imitation shellfish, lobster, scallops, shrimp	1 oz	1 meat
Tuna, canned in water or oil, drained	1 oz	1 meat

Wild Game	Serving Size	Exchange
Buffalo, duck, pheasant, venison	1 oz	1 meat

Lamb	Serving Size	Exchange
Lamb Ground, rib roast, chops, leg	1 oz	1 meat

MEAT & MEAT SUBSTITUTES continued

Pork	Serving Size	Exchange
Rib or loin chop/roast, ham, tenderloin, Canadian bacon, cutlet, shoulder roast,	1 oz	1 meat
Ground sausage	1/4 cup	1 meat
Bacon	2 slices	1 meat



Poultry	Serving Size	Exchange
Chicken or turkey, Cornish hen	1 oz	1 meat
Ground chicken or turkey	1/4 cup	1 meat
Turkey bacon	3 slices	1 meat

Veal	Serving Size	Exchange
Lean chop, roast, cutlet	1 oz	1 meat

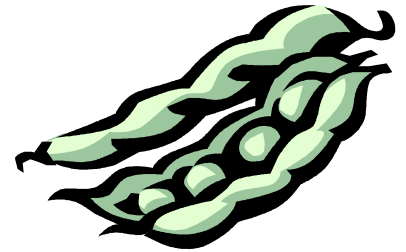
Cheese	Serving Size	Exchange
Sliced, any variety	1 oz	1 meat
String cheese	1 stick	1 meat
Grated or shredded cheese	1/4 cup	1 meat
Parmesan Cheese	2 Tbsp	1 meat
Ricotta cheese	2 oz or 1/4 cup	1 meat
Cottage cheese	1/4 cup	1 meat

Eggs	Serving Size	Exchange
Egg substitutes	1/4 cup	1 meat
Egg whites	2	1 meat
Egg, fried, hard-boiled, poached, scrambled	1	1 meat

Other Meat	Serving Size	Exchange
Sandwich meat: deli-thin sliced meats, turkey, ham, turkey kielbasa, turkey pastrami, bologna, pastrami, hard salami	1 oz	1 meat
Sausage: bratwurst, chorizo, Italian, Polish, smoked, summer	1 oz	1 meat
Hot dog: beef, pork, chicken, turkey, or combination	1	1 meat

MEAT & MEAT SUBSTITUTES continued

Plant-Based Proteins	Serving Size	Exchange
"Bacon" strips, soy-based	3 strips	1 meat
*Baked beans	1/3 cup	1 starch + 1 meat
*Beans, cooked: black, garbanzo, kidney, lima, navy, pinto, white	1/2 cup	1 starch + 1 meat
* "Beef" or "sausage" crumbles, soy-based	2 oz	1/2 CHO + 1 meat
"Chicken" nuggets, soy-based	2 nuggets	1/2 CHO + 1 fat
*Edamame	1/2 cup	1/2 CHO + 1 meat
Falafel	3 patties	1 CHO + 1 meat
Hot dog, soy-based	1	1/2 CHO 1 meat
*Hummus	1/3 cup	1 CHO + 1 meat
*Lentils, brown, green, or yellow	1/2 cup	1 CHO + 1 meat
*Meatless burger, soy-based	3 oz	1/2 CHO + 2 meats
*Meatless burger, vegetable & starch based	1 patty (2 1/2 oz)	1 CHO + 2 meats
Nut spreads: almond butter, cashew butter, peanut butter, soy nut butter	1 Tbsp	1 meat
*Peas, cooked: black-eyed & split peas	1/2 cup	1 starch + 1 meat
*Refried beans, canned	1/2 cup	1 starch + 1 meat
"Sausage" patties, soy-based	1 patty (1 1/2 oz)	1 meat
Soy nuts, unsalted	3/4 oz	1/2 CHO + 1 meat
Tempeh	1/4 cup	1 meat
Tofu	4 oz (1/2 cup)	1 meat
Tofu, light	4 oz (1/2 cup)	1 meat



*More than 3 grams of dietary fiber per serving.

Note: Carbohydrate content varies among plant-based proteins, you might need to read the food label.

FATS

Fats are divided into two main groups: unsaturated and saturated fats. These foods tend to be more satiating than carbohydrates or proteins.

Fats and oils have mixtures of unsaturated (polyunsaturated, monounsaturated) and saturated fats. Foods on the **Fats** list are group together based on the major type of fat they contain. In general, 1 fat choice equals:

- 1 teaspoon of regular margarine, vegetable oil, or butter
- 1 tablespoon of regular salad dressing

*A choice on the **Fats** list has 5 grams of fat per serving.*

Monounsaturated Fats

These fats are highly recommended for optimal fat intake. These are the heart-healthy fats, which help increase the amount of good cholesterol in the body and promote healthy total cholesterol.

Monounsaturated Fats	Serving Size	Exchange
Avocado, medium	2 Tbsp	1 fat
Nut butters: almond butter, cashew butter, peanut butter	1 1/2 tsp	1 fat
Nuts		
almonds	6 nuts	1 fat
Brazil	2 nuts	1 fat
cashews	6 nuts	1 fat
hazelnuts	5 nuts	1 fat
macadamia	3 nuts	1 fat
mixed (50% peanuts)	6 nuts	1 fat
peanuts	10 nuts	1 fat
pecans	4 halves	1 fat
pistachios	16 nuts	1 fat
Oil: canola, olive, peanut	1 tsp	1 fat
Olives		
black (ripe)	8 large	1 fat
green, stuffed	10 large	1 fat

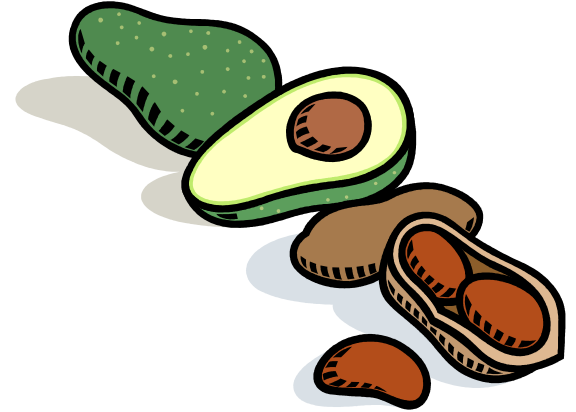
Portion Tip: Your thumb is about the same size and volume as 1 tablespoon of salad dressing, mayonnaise, margarine, or oil. It is also equal to 1 ounce of cheese. A thumb-tip is about 1 teaspoon of margarine, mayonnaise, or other fats and oils.

FATS continued

Polyunsaturated Fats

These fats are heart-healthy as well, and can lower cholesterol levels.

Polyunsaturated Fats	Serving Size	Exchange
Margarine: lower-fat spread	1 Tbsp	1 fat
Margarine: stick, tub, or squeeze	1 tsp	1 fat
Mayonnaise		
reduced-fat	1 Tbsp	1 fat
regular	1 tsp	1 fat
Mayonnaise-style salad dressing		
reduced-fat	1 Tbsp	1 fat
regular	2 tsp	1 fat
Nuts		
pine nuts	1 Tbsp	1 fat
walnuts, English	4 halves	1 fat
Oil: corn, cottonseed, flaxseed, grape seed, safflower, soybean, sunflower	1 tsp	1 fat
Salad dressing		
reduced-fat	2 Tbsp	1 fat
regular	1 Tbsp	1 fat
Seeds		
flaxseed, whole	1 Tbsp	1 fat
pumpkin, sunflower	1 Tbsp	1 fat
sesame seeds	1 Tbsp	1 fat
Tahini or sesame paste	2 tsp	1 fat



FATS continued

Saturated Fats

These fats should be taken in moderation.

Saturated Fats	Serving Size	Exchange
Bacon, cooked, regular or turkey	1 slice	1 fat
Butter		
reduced-fat	1 Tbsp	1 fat
stick	1 tsp	1 fat
whipped	2 tsp	1 fat
Butter blends made with oil		
reduced-fat or light	1 Tbsp	1 fat
regular	1 1/2 tsp	1 fat
Coconut, sweetened, shredded	2 Tbsp	1 fat
Coconut milk		
light	1/3 cup	1 fat
regular	1 1/2 Tbsp	1 fat
Cream		
half and half	2 Tbsp	1 fat
heavy	1 Tbsp	1 fat
light	1 1/2 Tbsp	1 fat
whipped	2 Tbsp	1 fat
whipped, pressurized	1/4 cup	1 fat
Cream cheese		
reduced-fat	1 1/2 Tbsp	1 fat
regular	1 Tbsp	1 fat
Oil: coconut, palm, palm kernel	1 tsp	1 fat
Shortening, solid	1 tsp	1 fat
Sour cream		
reduced-fat or light	3 Tbsp	1 fat
regular	2 Tbsp	1 fat



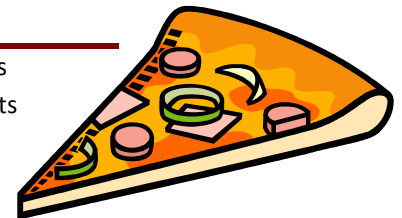
Tip: Bacon and peanut butter, when used in small amounts, are counted as fat choices. When used in large amounts, they are counted as meat choices.

COMBINATION FOODS

Many of the foods you eat are mixed together in various combinations, such as casseroles. These "combination" foods do not fit into any one choice list. This is a list of choices for some typical combination foods.

Entrées	Serving Size	Exchange
Casserole type (tuna noodle, lasagna, spaghetti with meatballs, chili with beans, macaroni & cheese)	1 cup	2 CHO + 2 meats
Stews (beef or other meats & vegetables)	1 cup	1 CHO + 1 meat + 0-3 fats
Tuna salad or chicken salad	1/2 cup	1/2 CHO + 2 meats + 1 fat

Frozen Meals & Entrées	Serving Size	Exchange
*Burrito (beef & bean)	1 (5 oz)	3 CHO + 1 meat + 2 fats
Dinner-type meal	14-17 oz	3 CHO + 3 meats + 3 fats
Entrée or meal w/less than 340 calories	8-11 oz	2-3 CHO + 1-2 meats
Pizza		
cheese/vegetarian, thin crust	1/4 of a 12 inch (5 oz)	2 CHO + 2 meats
meat topping, thin crust	1/4 of a 12 inch (5 oz)	2 CHO + 2 meats + 1 1/2 fats
Pocket sandwich	1 (4 1/2 oz)	3 CHO + 1 meat + 1-2 fats
Pot pie	1 (7 oz)	2 1/2 CHO + 1 meat + 3 fats



Salads (Deli-Style)	Serving Size	Exchange
Coleslaw	1/2 cup	1 CHO + 1 1/2 fats
Macaroni/pasta salad	1/2 cup	2 CHO + 3 fats
Potato salad	1/2 cup	1 1/2-2 CHO + 1-2 fats

Soups	Serving Size	Exchange
Bean, lentil, or split pea	1 cup	1 CHO + 1 meat
Chowder (made w/milk)	1 cup (8 oz)	1 CHO + 1 meat + 1 1/2 fats
Cream (made w/water)	1 cup (8 oz)	1 CHO + 1 fat
Instant	6 oz prepared	1 CHO
w/beans or lentils	8 oz prepared	2 1/2 CHO + 1 meat
Miso soup	1 cup	1/2 CHO + 1 fat
Oriental noodle	1 cup	2 CHO + 2 fats
Tomato (made w/water)	1 cup (8 oz)	1 CHO
Vegetable beef, chicken noodle, or other broth-type	1 cup (8 oz)	1 CHO

*More than 3 grams of dietary fiber per serving.

FAST FOODS

The choices in the **Fast Foods** list are not specific fast food meals or items, but are estimates based on popular foods.

Breakfast Sandwiches	Serving Size	Exchange
Egg, cheese, meat, English muffin	1 sandwich	2 CHO + 2 meats
Sausage biscuit sandwich	1 sandwich	2 CHO + 2 meats + 3 1/2 fats

Main Dishes/Entrées	Serving Size	Exchange
*Burrito (beef & beans)	1 (about 8 oz)	3 CHO + 3 meats + 3 fats
Chicken breast, breaded & fried	1 (about 5 oz)	1 CHO + 4 meats
Chicken drumstick, breaded & fried	1 (about 2 oz)	2 meats
Chicken nuggets	6 (about 3 1/2 oz)	1 CHO + 2 meats + 1 fat
Chicken thigh, breaded & fried	1 (about 4 oz)	1/2 CHO + 3 meats + 1 1/2 fats
Chicken wings, hot	6 (5 oz)	5 meats + 1 1/2 fats

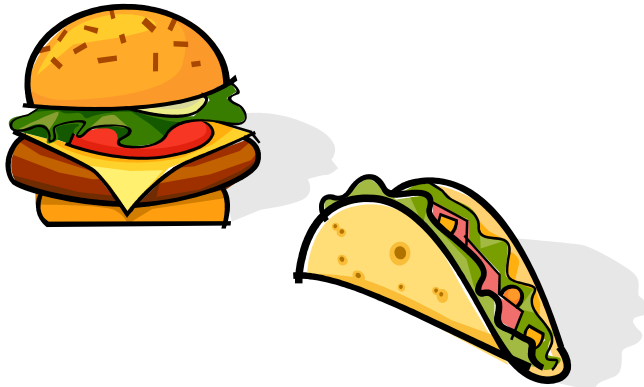
Oriental	Serving Size	Exchange
Beef, chicken or shrimp with vegetables & sauce	1 cup (about 5 oz)	1 CHO + 1 meat + 1 fat
Egg roll, meat	1 (about 3 oz)	1 CHO + 1 meat + 1 fat
Fried rice, meatless	1/2 cup	1 1/2 CHO + 1 1/2 fats
Meat & sweet sauce (orange chicken)	1 cup	3 CHO + 3 meats + 2 fats
*Noodles & vegetables in sauce (lo mein)	1 cup	2 CHO + 1 fat

Pizza	Serving Size	Exchange
Pizza		
cheese, pepperoni, regular crust	1/8 of a 14 inch (4 oz)	2 1/2 CHO + 1 meat + 1 1/2 fats
cheese, vegetarian, thin crust	1/4 of a 12 inch (6 oz)	2 CHO + 2 meats + 1 1/2 fats

*More than 3 grams of dietary fiber per serving.

FAST FOODS continued

Sandwiches	Serving Size	Exchange
Chicken sandwich, grilled	1	3 CHO + 4 meats
Chicken sandwich, crispy	1	3 1/2 CHO + 3 meats + 1 fat
Fish sandwich w/tartar sauce	1	2 1/2 CHO + 2 meats + 2 fats
Hamburger		
large w/cheese	1	2 1/2 CHO + 4 meats + 1 fat
regular	1	2 CHO + 1 meat + 1 fat
Hot dog w/bun	1	1 CHO + 1 meat + 1 fat
Submarine sandwich		
less than 6 grams fat	6-inch sub	3 CHO + 2 meat
regular	6-inch sub	3 1/2 CHO + 2 meats + 1 fat
Taco, hard or soft shell (meat & cheese)	1 small	1 CHO + 1 meat + 1 1/2 fats



Salads	Serving Size	Exchange
*Salad, main dish (grilled chicken type, no dressing or croutons)	1 Salad	1 CHO + 4 meats
Salad, side, no dressing or cheese	Small (5 oz)	1 vegetable

*More than 3 grams of dietary fiber per serving.

FAST FOODS continued

Sides & Appetizers

French fries, restaurant style

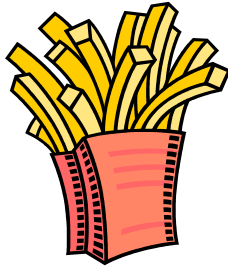
Serving Size

small
medium
large
small (about 4 1/2 oz)
1 serving (3 oz)

Exchange

3 CHO + 3 fats
4 CHO + 4 fats
5 CHO + 6 fats
2 1/2 CHO + 4 fats
2 1/2 CHO + 3 fats

Nachos & cheese
Onion rings



Desserts

Milkshake, any flavor
Soft-serve ice cream cone

Serving Size

12 oz
1 small

Exchange

6 CHO + 2 fats
2 1/2 CHO + 1 fat



FREE FOODS

A "free" food is any food or drink choice that has less than 20 calories and 5 grams or less of carbohydrate per serving. Most foods on this list should be limited to 3 servings per day. Food and drink choices listed here without a serving size can be eaten whenever you like.

Low-Carbohydrate Foods	Serving Size
Cabbage, raw	1/2 cup
Candy, hard (regular or sugar-free)	1 piece
Carrots, cauliflower, or green beans, cooked	1/4 cup
Cranberries, sweetened w/ sugar substitute	1/2 cup
Cucumber, sliced	1/2 cup
Gelatin	
dessert, sugar-free	
unflavored	
Gum	
Jam or jelly, light or no sugar added	2 tsp
Rhubarb, sweetened w/ sugar substitute	1/2 cup
Salad greens	
Sugar substitutes (artificial sweeteners)	
Syrup, sugar-free	2 Tbsp

Modified-Fat Foods with Carbohydrates	Serving Size
Cream cheese, fat-free	1 Tbsp
Creamers	
nondairy, liquid	1 Tbsp
nondairy, powdered	2 tsp
Margarine spread	
fat-free	1 Tbsp
reduced-fat	1 tsp
Mayonnaise	
fat-free	1 Tbsp
reduced-fat	1 tsp
Mayonnaise-style salad dressing	
fat-free	1 Tbsp
reduced-fat	1 tsp
Salad dressing	
fat-free or low- fat	1 Tbsp
fat-free, Italian	2 Tbsp
Sour cream, fat-free or reduced-fat	1 Tbsp
Whipped topping	
light or fat-free	2 Tbsp
regular	1 Tbsp

FREE FOODS continued

Condiments	Serving Size
Barbecue sauce	2 tsp
Ketchup	1 Tbsp
Honey mustard	1 Tbsp
Horseradish	
Lemon juice	
Miso	1 1/2 tsp
Mustard	
Parmesan cheese, freshly grated	1 Tbsp
Pickle relish	1 Tbsp
Pickles	
dill	1 1/2 medium
sweet, bread and butter	2 slices
sweet, gherkin	3/4 oz
Salsa	1/4 cup
Soy sauce, light or regular	1 Tbsp
Sweet and sour sauce	2 tsp
Sweet chili sauce	2 tsp
Taco sauce	1 Tbsp
Vinegar	
Yogurt, any type	2 Tbsp

Drinks/Mixes

Bouillon, broth, consommé	Diet soft drinks, sugar-free
Bouillon or broth, low-sodium	Drink mixes, sugar-free
Carbonated or mineral water	Tea, unsweetened or w/ sugar
Club soda	Tonic water, diet
Cocoa powder, unsweetened (1 Tbsp)	Water
Coffee, unsweetened or w/sugar substitute	Water, flavored, carbohydrate free

Seasonings

Flavoring extracts	Spices
Garlic	Hot pepper sauce
Herbs, fresh or dried	Wine, used in cooking
Nonstick cooking spray	Worcestershire sauce
Pimento	