

EXCHANGE LISTS FOR MEAL PLANNING

Other Carbohydrates

(15 grams carbohydrate)
Sugars can be included in your meals without losing blood sugar control if they are counted appropriately. Keep the amounts of sweets and fats in your overall diet small compared to more nutritious foods. Portion sizes of foods high in refined carbohydrate and fat are small, so read the nutrition facts label carefully.

Brownie, 1 1/4" x 1 1/4"	1
Cake, unfrosted, 2" x 2"	1
Eskimo Pie vanilla chocolate bar, no sugar added	1
Fruit spread, 100% fruit	1 Tbsp.
Frozen yogurt	1/4-1/2 cup
Gingersnaps	3
Hershey Kisses	5
Ice Cream, any flavor	1/4-1/2 cup
Jam or jelly	1 Tbsp.
Pancake syrup	1 Tbsp.
Skinny Cow ice cream sandwich	1/2
Sauces, Asian style	
Hoisin, Mongolian,	
Teriyaki, etc.	2 Tbsp.

Fats

(5 grams fat and 45 calories per serving)

Avocado, fresh	1/8
Almonds	7
Bacon	1 slice
Butter or lard	1 tsp.
Cashews, large	5
Cream, sour	1 Tbsp.
Cream cheese, regular	1 tsp.
Margarine	1 tsp.
Mayonnaise, low fat	1 Tbsp.
Mayonnaise, regular	1 tsp.
Oils	
Canola, olive, peanut, corn, safflower, soybean	1 tsp
Olives, black	9
Peanut Butter	2 tsp.
Pesto Sauce	2 tsp.
Walnuts	2-3

Meat and Meat Substitutes

Very Lean Meats

(7 grams protein, 0-1 gram fat and 35 calories per serving)

Cheese, 1 g fat/oz.	1 oz.
Chicken, white, no skin	1 oz.
Cottage cheese, fat free or 2% fat	1/4 cup
Turkey, white, no skin	1 oz.
Fish, fresh, frozen or canned in water:	
cod, tuna, flounder	1 oz.
Shellfish	1 oz.

Lean Meat

(7 grams protein, 3 grams fat, 55 calories per serving)

Cheese, 1-3g fat/oz.	1 oz.
Cottage cheese, 4% fat	1/4 cup.
Ricotta cheese, low fat	1/4 cup
Lean beef	
Round, flank, sirloin	1 oz.

Medium-Fat Meats

(7 grams protein, 5 grams fat, 75 calories per serving)

Beef, most cuts	1 oz.
Cheese, 5 g fat/oz.	1 oz.
Chicken, dark meat	1 oz.
Tofu	1/4 cup
Turkey, dark meat	1 oz.
Eggs	1
Pork	
Top loin, chop, cutlet	1 oz.

High-Fat Meats

(7 grams protein, 8 grams fat, 100 calories per serving)

Cheese, all regular	1 oz.
Peanut Butter	1 Tbsp.
Pork	
Spareribs, barbequed	1 oz.
Sausage, hot dogs, chorizo, kielbasa, Spam	1 oz.

Free Foods

(Contain fewer than 20 calories per serving. Read the Nutrition Facts Label for more information)

Bouillon or broth	
Coffee or tea	
Diet soft drinks	
Artificial sweeteners	
Gelatin, sugar free	
Jam or jelly, sugar free	2 tsp.
Whipped topping	2 Tbsp.
Condiments:	
Catsup	1 Tbsp
Hot sauce	
Mustard	
Salad dressing, low-calorie	2 Tbsp.
Taco Sauce	2 Tbsp.
Salsa	2-4 Tbsp.
Vinegar	
Vegetables:	
Bamboo Shoots	1 1/2 cups
Celery, 5" stalk	10
Cilantro, chopped	5 cups
Cucumber, sliced	1 1/4 cup
Dill Pickles, slices	20
Garlic	5 cloves
Green Onions	3/4 cup
Horseradish	4 pods
Onions, chopped	1/3 cup
Parsley, chopped	1 cup
Peppers, hot, chili	2-3
Radishes	30
Salad greens, lettuce	3 cups

Food Labels

1. Look for Serving Size.

2. Look for Total Carbo-hydrate.

3. Ignore Sugars. This is included in Total Carbohydrate.

4. If more than 5 gm Fiber, can subtract 1/2 from Total Carb

Nutrition	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories	Calorie %
250	
Total Fat 12g	
Saturated Fat 3g	
Trans Fat 3g	
Cholesterol 30mg	
Sodium 470mg	
Total Carbohydrate 31g	
Dietary Fiber 6g	
Sugars 5g	
Protein 5g	

1 serving = 15 grams carbohydrate

For more information, go to www.calorieking.com

Refer to your Nutrition Facts Label when possible for nutrition informatio

TOTAL NET CARBS = 27

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Starches/Breads

(15 grams carbohydrate, 3 grams protein, 1 gram fat and 80 calories per serving)

Bagel	¼ (1 oz.)
Beans, cooked	½ cup
Kidney, black, garbanzo, lentils	
Biscuit, 2.5"	1
Bread, 1 oz./slice	1 slice
Bun, hamburger, hotdog or sandwich	½
Cereal, cooked	½ cup
Croissant, Starbucks	1/2
Breakfast cereal, dry	(See label)
Chapati, 6"	1
Chicken McNuggets	6
Corn, cob 6"	1
Corn, cooked	½ cup
Crackers:	(See label)
Saltines	6
Ritz	8
Wheat Thins	11
Triscuits	5
Cheez-Its	25
Ak Mak	4
Sandwich crackers	4
Graham cracker squares	3
Croutons	1/3 cup
English muffin	½
8-grain roll, Starbucks	1/4
French fries	½ sm order
Grains, cooked	1/3-1/2 c.
Oats, barley, polenta, couscous	
Hummus	6 Tbsp.
Lasagna, meat/cheese	½ cup
Marinara sauce	½ cup
Pancake, 4"	1
Pasta, cooked	1/3-½ cup
Spaghetti, cooked	½ cup
Ravioli, cooked	½ cup
Noodles, cooked	1/3 cup
Peas, cooked	½ cup
Pita bread, 6 ½"	½
Popcorn, popped	3 cups
Potato, baked, boiled or steamed, 3"	1
Potato, mashed	½ cup
Pretzels, sticks	36 (¾ oz)
Rice, white, cooked	1/3 cup
Rice, wild, cooked	½ cup

Rice, brown, cooked	1/3 cup
Roll, small, 1 oz.	1
Sweet potato, 3"	1
Taco shell, hard	2
Tortilla chips	12 (1 oz.)
Tortilla, corn 6"	1
Tortilla, flour 8"	½-2/3
Tortilla, Mission, Multi-Grain flour	2/3
Waffle, 4"	1

Fruits

(15 grams carbohydrate and 60 calories per serving)

Applesauce, no sugar	½ cup
Apple, fresh, 3"	½
Apple, "school boy"	1
Banana, 6"	½
Berries: Raspberries	1 cup
Blueberries	¾ cup
Blackberries	¾ cup
Strawberries, sliced	1 ¼ c
Cantaloupe, cubed	1 cup
Honeydew, cubed	1 cup
Cherries, fresh	12
Grapefruit, 3 ½"	½
Grapes, small	15
Kiwi, 2"	1
Mango, 4"	½
Nectarine, 2 ½"	1
Orange, 3"	½
Papaya, cubed	1 cup
Peach, 2 ½"	1
Pear, 3"	½
Pineapple, fresh	¾ cup
Plum, 1"	2
Pomegranate	1/2
Tangerine, 2 ½"	1
Watermelon cubed	1 ¼ c

Dried Fruit

Raisins	2 Tbsp.
Prunes	3-4
Apricots, dried	3-4
Figs, dried	3-4

Fruit Juice

Apple	4 oz.
Orange or grapefruit	4 oz.
Grape or pineapple	3 oz.

Milk and Yogurt

(12 grams carbohydrate, 8 grams protein, 1 gram fat and 90-110 calories per serving)

Milk, fat free	1 cup (8 oz.)
Milk, 1%, 2%	1 cup (8 oz.)
Milk, whole	1 cup (8 oz.)
Buttermilk	1 cup (8 oz.)
Yogurt, plain	1 cup (8 oz.)
Yogurt, flavored	See label
Sugar free pudding	½ cup
Latte, 2%, Single shot	12 oz. (Tall)
Mocha, 2%, Single shot	6 oz. (1/2 Tall)

Vegetables

(5 grams carbohydrate, 2 grams protein, 25 calories per serving)

In general:

Cooked vegetables	½ cup
Raw vegetables	1 cup

Asparagus	
Bean sprouts	
Green beans	
Beets	
Broccoli	
Brussels Sprouts	
Cabbage/sauerkraut	
Carrots	
Cauliflower	
Eggplant	
Greens: kale, bok choy, chard	
Jicama	
Mushrooms	
Onions	
Peapods or snow peas	
Peppers, bell	
Spinach	
Tomato	
Zucchini	
Vegetable juice (V-8)	4 oz.

For other vegetables, see "Free Foods"

1 serving = 15 grams carbohydrate

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