EXCHANGE LISTS FOR MEAL PLANNING

Other Carbobydrates

(15 grams carbohydrate)
Sugars can be included in your
meals without losing blood sugar
control if they are counted
appropirately. 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" Cake, unfrosted, 2"x 2" 1 Eskimo Pie vanilla chocolate bar, no sugar added 1 Fruit spead, 100% fruit 1 Tbsp. 1/4-1/2cup Frozen yogurt Gingersnaps 3 5 Hershey Kisses Ice Cream, any flavor 1/4-1/2 cup Jam or jelly 1 Tbsp. Pancake syrup 1 Tbsp. Skinny Cow ice cream 1/2 sandwich Sauces, Asian style Hoisin, Mongolian, 2 Tbsp. Teriyaki, etc.

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	l tsp.
Oils	
Canola, olive, peanu	t, 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

Lean Meat

(7 grams protein, 3 grams fat, 55 calories per serving)
Cheese, 1-3g fat/oz. 1 oz.
Cottage cheese, 4% fat ¼ cup.
Ricotta cheese, low fat ¼ 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, 2 tsp. sugar free 2 Tbsp. Whipped topping Condiments: 1 Tbsp Catsup Hot sauce Mustard Salad dressing, low-calorie 2 Tbsp. 2 Tbsp. Taco Sauce Salsa 2-4 Tbsp. Vinegar Vegetables: **Bamboo Shoots** 1 ½ cups Celery, 5" stalk 10 Cilantro, chopped 5 cups Cucumber, sliced 1 1/4 cup Dill Pickles, slices 20 Garlic 5 cloves 3/4 cup Green Onions 4 pods Horseradish 1/3 cup Onions, chopped Parsley, chopped 1 cup Peppers, hot, chili 2-3 Radishes 30 Salad greens, lettuce 3 cups

Food Labels

1. Look for Serving Size.

Nutrition Serving Size 1 cup (228g Servings Per Container Amount Per Berving Catorios 250 Calore

2. Look for Total Carbo-hydrate.

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

4. If more than 5 gm Fiber, can subtract ½ from Total Carb Amount Per Serving
Calories 250 Calories
Total Fat 12g
Saturated Fat 3g
Trans Fat 3g
Cholesterol 30mg
Sodium 470mg
otal Carbohydrate 31g
Dietary Fiber 8g
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

EXCHANGE LISTS FOR MEAL PLANNING

Starelies/Breads (15 grams carbohydrate, 3 grams protein, 1 gram fat and 80 calories per serving) Bagel		
protein, I gram fat and 80 calories per serving) Bagel	•	
Bagel	(15 grams carbohydrate,	3 grams
Bagel	protein, I gram fat and 80) calories
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 Peas, cooked 1/3 cup Peas, 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 (3/4 oz) Rice, white, cooked 1/3 cup	per serving)	
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Popcorn, popped 3 cups Potato, baked, boiled or steamed, 3" 1 Potato, mashed ½ cup Pretzels, sticks 36 (3/4 oz) Rice, white, cooked 1/3 cup		
Potato, baked, boiled or steamed, 3" 1 Potato, mashed ½ cup Pretzels, sticks 36 (3/4 oz) Rice, white, cooked 1/3 cup		
or steamed, 3" 1 Potato, mashed ½ cup Pretzels, sticks 36 (3/4 oz) Rice, white, cooked 1/3 cup		ap
Potato, mashed ½ cup Pretzels, sticks 36 (3/4 oz) Rice, white, cooked 1/3 cup	4	1
Pretzels, sticks 36 (3/4 oz) Rice, white, cooked 1/3 cup	•	-
Rice, white, cooked 1/3 cup		
	_	
Kice, wild, cooked % cup		-
	Kice, wha, cooked	/2 cup

GE LISTS FOR	MEAL
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"	1/2-2/3
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"	1/2 Oup
Apple, "school boy"	1
Banana, 6"	1/2
Berries: Raspberries	l cup
Blueberries	3/4 cup
Blackberries	3/4 cup
Strawberries, sliced	1 ¼ c
Cantaloupe, cubed	1 cup
Honeydew, cubed	l cup
Cherries, fresh	12
Grapefruit, 3 ½"	1/2
Grapes, small	15
Kiwi, 2"	1
Mango, 4"	1/2
Nectarine, 2 ½"	1
Orange, 3"	1/2
Papaya, cubed	1 cup
Peach, 2 1/2"	1
Pear, 3"	1/2
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	2-10sp. 3-4
Apricots, dried	3-4
Figs, dried	3-4
Fruit Juice	
	1
Apple	4 oz.
Orange or grapefruit	4 oz.
Grape or pineapple	3 oz.

ANNING		
Milk and Y		
(12 grams carbo	hydrate, 8 grams	
protein, 1 gram j		
calories per serv	ing)	
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 carboh)		
protein, 25 calor		
_		
In general:		
Cooked vegetah	•	
Raw vegetables	l cup	
Asparagus		
Bean sprouts		
Green beans		
Beets		
Broccoli		
Brussels Sprout		
Cabbage/sauerk	raut	
Carrots		
Cauliflower		
Eggplant		
Greens: kale, bok choy, chard		
Jicama		
Mushrooms		
Onions		
Peapods or snov	v peas	
Peppers, bell		
Spinach		
Tomato		
Zucchini	w	
Vegetable juice		
For other vegetable	es, see "Free Foods"	