



# Food exchange list for meal planning

## Starch

Each serving equals 80 calories and 15 grams carbohydrate.

### Cereals/grains/ pasta

- Cooked cereals, ½ cup
- Grits (cooked), ½ cup
- Ready-to-eat unsweetened cereals, ¾ cup
- Granola (lowfat), ¼ cup
- Pasta (cooked), ½ cup
- Rice, white or brown (cooked), ½ cup

### Starchy vegetables

- Corn, ½ cup
- Corn on the cob, ½ cob (5oz.)
- Peas, (green), ½ cup
- Plantain, ½ cup
- Potato, baked, ¼ large (3 oz.)
- Potato, mashed, ½ cup
- Winter squash, 1 cup
- Yam or sweet potato, ½ cup
- Garbanzo, pinto, kidney, white, black-eyed peas, lentils, ½ cup cooked

Lima beans, ⅔ cup

### Bread/crackers/ snacks

- Bagel, 4 oz., ¼ (1 oz.)
- English muffin, ½ (1 oz.)
- Bread sticks (4" x ½"), 4 (⅔ oz.)
- Pita (6" across), ½
- Hamburger or hot dog bun, ½ (1 oz.)
- Bread, 1 slice (1 oz.)
- Low-fat croutons, 1 cup
- Animal crackers, 8

Graham crackers, 3 – 2 ½" squares

Pretzels, ¾ oz.

Popcorn (popped, no fat added or low-fat microwave), 3 cups

## Fruit

One serving equals 60 calories and 15 grams carbohydrate.

Apple raw unpeeled small, 1 (4 oz.)

Applesauce, no sugar added, ½ cup

Banana small, 1 (4 oz.)

Cantaloupe, 1 cup cubes

Cherries, 12 (3 oz.)

Canned fruit (extra light or no sugar added), ½ cup

Grapefruit (large), ½

Orange, 1 small (6 ½ oz.)

Pear, ½ large (4 oz.)

Apple, orange, or pineapple juice, ½ cup

Cranberry, grape, or prune juice, ⅓ cup

## Milk

One serving equals 90 – 150 calories and 15 grams carbohydrate.

90 calories

Skim or 1% milk, 1 cup

Yogurt, nonfat, plain, 6 oz.

Yogurt, nonfat, flavored, sweetened with sugar substitute, 6 oz.

### 120 calories

2% milk

### 150 calories

Whole milk, 1 cup

## Non-starchy Vegetables

One serving equals 25 calories and 5 grams carbohydrates.

### One serving equals ½ cup cooked vegetables or 1 cup raw vegetables.

- Asparagus
- Beans (green, wax, Italian)
- Beets
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Celery
- Cucumber
- Greens (collard, mustard, turnip)
- Green onion
- Mushrooms
- Okra
- Peppers
- Pea pods
- Radishes
- Salad greens (endive, lettuce, romaine)
- Spinach
- Tomatoes
- Tomato/vegetable juice
- Water chestnuts
- Zucchini

## Meat and meat substitutes

### Very lean/Lean meats

One serving equals 35-55 calories.

Low-fat cottage cheese, ¼ cup

Fresh, frozen, and canned (drained) fish, 1 oz.

Shellfish, 1 oz.

Chicken/turkey without skin, 1 oz.

Pork (ham, tenderloin, center loin chop) 1 oz.

Lean beef (round, sirloin, flank), 1 oz.

Diet cheeses (less than 3 grams fat and 55 calories per oz.), 1 oz.

Sandwich meats with 3 grams of fat or less per ounce

Tuna (canned in water), ¼ cup

Egg substitute ¼ cup or 2 egg whites

### Medium/high-fat meats

One serving equals 75 – 100 calories per oz.

Beef, prime grades (ground, short ribs, corned beef), 1 oz.

Eggs, 1

Pork (spareribs, top loin, cutlets, ground pork, pork sausage), 1 oz.

Bacon, 3 slices

Peanut butter, 1 Tbsp.

Tofu, ½ cup

Cheese with about 5 grams of fat or less per ounce (most regular cheeses), 1 oz.

## Fats

Each serving equals 45 calories.

### Unsaturated Fats

Avocado, 2 Tbsp (1 oz.)

Soft-tub margarine, 1 tsp

Low-fat margarine, 1 Tbsp

Peanut butter, ½ Tbsp.

Mayonnaise, 1 tsp

Reduced calorie mayonnaise, 1 Tbsp

Nuts: almonds or cashews (6 nuts), peanuts (10 nuts), pecans (4 halves)

Seeds: sesame, pumpkin, sunflower (1 Tbsp)

Olives: black (8 large), green (10 large)

Salad dressing: regular (1 Tbsp), reduced calorie, 2 Tbsp

Oil, 1 tsp

### Saturated Fats

Bacon, 1 slice

Butter, 1 tsp

Cream cheese: regular (1 Tbsp), reduced fat 1 ½ Tbsp)

Cream (half and half), 2 Tbsp

Sour cream: regular (2 Tbsp), reduced fat (3 Tbsp)

## Free foods

Each serving equals less than 20 calories and less than or equal to 5 grams of carbohydrate.

### Drinks

Bouillon or broth

Club soda, carbonated water or mineral water

Coffee/tea

Drink mixes, sugar-free

Soft drinks, diet, sugar-free

### Sweet substitutes

Candy, sugar-free (1 candy)

Gelatin, sugar-free

Gum, sugar free

Sugar substitutes:

Equal (aspartame), Splenda (sucralose), Sweet'N Low or Sugar Twin (Saccharin), Sweet One (acesulfame k)

Jam or jelly, light (2 tsp.)

Syrup, sugar free (2 Tbsp)

### Condiments/ seasonings

Catsup, 1 Tbsp

Fresh herbs

Flavoring extract

Garlic

Lemon juice

Pepper

Pickles, dill, (1 ½ medium), sweet (2 slices)

Soy sauce, 1 Tbsp

Vinegar

Salsa, ¼ cup

### Others

Non-stick cooking spray

Reduced fat or fat free sour cream, mayonnaise, margarine, salad dressing, 1 tsp – 4 Tbsp depending on calories.

Whipped topping, regular (1 Tbsp), lite or fat free (2 Tbsp)