

What IS an Exchange?



D = 1 Dairy (35-120 calories)

- 1 cup (8oz) skim or 1%, almond, rice or light soy milk
- ¾ cup (6oz) plain or "light" yogurt
- ½ cup (4oz) fat free yogurt with added fruit
- 1 small (12oz) skim latte
- ½ cup (4oz) fat free frozen yogurt (no more than 1 dairy serving a day)



1 P = 1 oz lean meat (35-75 calories)

- Poultry: skinless turkey or chicken breast or leg, ground turkey (99% lean)
- Fish: tilapia, cod, trout and other white fish, salmon, shell fish such as shrimp, lobster and scallops
- Lean red meat: (93% or 95% lean ground beef, tenderloin or sirloin or flank steak)
- Pork loin
- Eggs: 2 egg whites or 1 egg
- Deli meat: lean ham, turkey, or chicken
- ½ cup beans (also counts as **1S**)

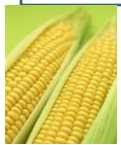


F = 1 Fruit (60 calories)

- ¾ cup berries
- 1 ¼ cups sliced strawberries
- 1 small banana or ½ large banana (4oz)
- 2 tangerines (8oz)
- 1 cup melon cubes (11oz)
- 1 small apple (4oz)
- 1 small orange (6oz)
- 1 small pear (4oz)
- 17 grapes (8oz)
- 10 cherries (3oz)
- 1 ¼ cup watermelon (13.5oz)
- ½ large grapefruit (11oz)
- 1 medium peach (6 oz)
- 1 small nectarine (5oz)

S = 1 Starch (80 calories)

- ½ cup (3oz) potato/sweet potato
- ½ cup corn, or green peas
- 1 slice of whole wheat bread (70-80 calories per slice) or tortilla (1 oz)
- ⅓ cup cooked rice
- ½ cup cooked pasta or quinoa
- ¼ cup dried oatmeal (no sugar added)
- 1 mini bagel (1oz) or ¼ large bagel (1oz)
- 2 plain rice cakes
- ¾ cup low sugar cereal (less than 4 g of sugar per serving)
- ½ cup bran cereal or higher sugar cereal
- 1 ½ cup puffed low sugar cereal



V = 1 Vegetable (25 calories)

- ½ cup of cooked vegetables or 1 cup of raw broccoli, onions, mushrooms, summer squash, zucchini, tomatoes, green beans, pea pods, celery, cauliflower, peppers, cucumbers, spinach, cabbage, lettuce (and all other vegetables except no peas, potatoes or corn)



O = 1 Fat (45 calories)

- 1 tsp oil (olive or canola best choices) or margarine
- 2 Tbsp low fat salad dressing (not fat free)
- 1 Tbsp regular salad dressing
- 10 peanuts
- 8 almonds or cashews; 4 walnut or pecan halves
- 1 Tbsp seeds (sunflower, pumpkin, chia, or ground flax)
- 8 olives
- 1/8th avocado (2 Tbsp)
- ½ Tbsp peanut/nut butter
- 2 Tbsp half and half

