

Using Exchange Lists To Plan Meals

The American Diabetes Association (ADA) developed Exchange Lists with the Academy of Nutrition and Dietetics (AND) to help people with diabetes plan meals. **Foods are placed in one of three groups based on the major nutrients – carbohydrate, protein and fat.** These groups are further subdivided into lists. Each serving of food within a list contains about the same amount of carbohydrate, protein, fat, and calories as the other foods in that list. Any food on a list can be “exchanged” or traded for any other food within the list.

The **Carbohydrate Group** is subdivided into *Starch, Fruits, Milk & Milk Substitutes, Non-Starchy Vegetables and Other Carbohydrates*. The **Protein Group** is subdivided into *Lean, Medium-Fat, High-Fat, and Plant-based Protein choices*. The **Fat Group** is subdivided into *Monounsaturated Fats, Polyunsaturated Fats, and Saturated Fats*. An **Alcohol Group** is also included as is a list of **Free Foods**.

Because foods within each list may be exchanged for one another, you have great flexibility in choosing foods that you prefer while staying within the recommended number of servings for a particular food group. For example, corn is on the Starch List. If you don't like corn, you can exchange it for another food item in the list such as potatoes. It is important that you become familiar with the serving sizes.

Most serving sizes are measured *after* foods are cooked. For example, a single serving of oatmeal is ½ cup cooked, not dry. If you eat twice the serving size, you must count that food as two servings.

As you begin using these lists to plan meals you should measure your foods. This will help you to “eyeball” correct portion sizes. Also note that the information provided is “general” and you should always refer to the **Nutrition Facts** panel on the food label to confirm the amount of nutrients in the product. In addition, food companies often change the ingredients in their products, so you'll want to be sure you have accurate information.

It's best to eat about the same amount of carbohydrate at the same time every day, and to eat every three to four hours. Skipping meals and snacks may lead to low blood glucose and make it harder to control your appetite and food cravings.

Exchange Lists				
Exchange List	Carbohydrate (grams)	Protein (grams)	Fat (grams)	Total Calories
Carbohydrate Group				
Starch	15	3	1	80
Fruit	15	-	-	60
Milk & Milk Substitutes				
Fat-Free, 1% (low-fat)	12	8	0-3	100
2% (reduced-Fat)	12	8	5	120
Whole Milk	12	8	8	160
Non-Starchy Vegetables	5	2	-	25
Other Carbohydrates	15	varies	varies	varies
Protein Group				
Lean	0	7	2	45
Medium-Fat	0	7	5	75
High-Fat	0	7	8	100
Plant-Based Proteins	varies	7	varies	varies
Fat Group	-	-	5	45
Alcohol	Varies	-	-	100

c = cup, T = tablespoon, tsp = teaspoon, oz = ounce, fl oz = fluid ounce, lb = pound

CARBOHYDRATE GROUP

Starch

General serving size: ½ cup cooked cereal, grain, starchy vegetable; 1/3 cup cooked rice or pasta; 1 oz (28 grams) bread product; ¾ to 1 oz of most snack foods

Nutrients: 80 calories, 15 grams carbohydrate, 0-3 grams protein, 0-1 gram fat

Best choices are whole grains because of their greater nutrient content including dietary fiber.

Beans, peas, and lentils are also good choices because of their protein and fiber content.

Breads/Flours (1 oz)

Bagel, ¼ large
Bagel, mini, ~ 100 calories
Bread, loaf, 1 slice
Bread, loaf, low calorie; 35 to 45 calories/slice, 2 slices
Bread, flatbreads: chapatti, ciabatta, roti, 1
Bread, sandwich flat buns, whole-wheat, 1
Roll, plain, small, 1
English muffin, ½
Flour or cornmeal dry, 3 T
Hot dog or hamburger bun, ½ (¾ oz)
Hot dog or hamburger bun, low-calorie, 80 calories
Naan, 3¼" square
Pancake, 4" width, ¼" thick, 1
Pita, 6" width, ½ pita
Stuffing, bread, ⅓ c
Taco shell, 5" across, 2 tacos
Tortilla: corn, wheat, 6" width, 1
Tortilla: corn, wheat, 10" width, 1/3
Waffle, 4" square, 1 waffle

Starchy Vegetables

Breadfruit, ¼ c
Cassava or dasheen, ⅓ c
Corn, ½ cup
Corn on cob, 4- to 4½" piece
Hominy, ¾ c
French fries, oven-baked, 2 oz
Mixed vegetables w/corn or peas, 1 c
Marinara/pasta/spaghetti sauce ½ c
Peas, green, ½ c
Parsnips, ½ c
Plantain, ⅓ c
Potato, baked with skin, 3 oz
Potatoes, mashed or boiled, ½ c
Pumpkin, caned, no sugar added, ¾ c
Squash, winter – acorn, butternut 1 c
Succotash ½ c

Beans, Peas, Lentils

count as 1 starch & 1 lean meat; 125 calories
Baked beans, ⅓ c
Beans and peas, cooked – garbanzo, pinto, kidney, edamame, black-eyed, soy, etc., ½ c
Lentils, cooked, ½ c

Crackers, Snacks

Animal crackers, 8
Chips, baked: potato, pita, ~ 8 (oz)
Chips, regular: potato, tortilla ~ 13 chips (1 oz)
Crackers, graham, 2½" square, 3
Crackers, nut & rice, 10
Crackers, oyster, 20
Crackers, saltine-type, 6
Crackers, sandwich-style, cheese or peanut butter filling, 3
Crackers, whole-grain, 2-5 (¾ oz)
Crispbread, 2-5 pieces (¾ oz)
Gingersnaps, 3
Granola or snack bar, 1 bar (¾ oz)
Matzoh, ¾ oz
Melba toast, 2 x 4-in slices, 4 pieces
Popcorn, 3 c popped* (if buttered, high-fat item and high-calorie)
Pretzels, ¾ oz
Rice cakes, 4-inch wide, 2

Other

Broth-based soups, 1 c
Pudding, sugar-free, fat-free, ½ c

Cereals

Bran, dry, oat ¼ c
Bran, dry, wheat ½ c
Cereal, bran: buds, flakes, twigs, ½ c
Cereal, puffed, 1½ c
Cereal, sugar-coated, ½ c
Cereal, unsweetened, ¾ c
Cream of wheat, cooked, ½ c
Granola, ¼ c
Grits, cooked, ½ c
Muesli, ¼ c
Oat bran, dry ¼ c
Oats or oatmeal, cooked, ½ c
Shredded wheat, plain, ½ c
Wheat bran, dry ½ c

Grains, Pasta, Rice

Barley, cooked 1/3 c
Couscous, cooked ⅓ c
Kasha, ½ c
Millet, ⅓ c
Pasta, cooked, ⅓ c
Polenta, cooked, ⅓ c
Quinoa, cooked ⅓ c
Rice, cooked, ⅓ c
Rice, wild, cooked, ½ c
Tabbouleh (tabouli), prepared, ½ c
Wheat germ, dry 3 T

Starchy Foods with Fat

count as 1 starch & 1 fat; 125 calories
Biscuit, 2½-inch width
Cornbread, 1¾-inch cube
Crackers, round buttery, 6
French-fries, oven baked 2 oz
Granola (¼ cup)
Hummus (⅓ cup)
Muffin (1.5-oz)
Taco shell, 5-inch diameter, 2

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CARBOHYDRATE GROUP

Fruit

General serving size: 1 small fresh fruit ($\frac{3}{4}$ to 1 cup; 4 oz) weight includes skin, core, seeds, and rind
 $\frac{1}{2}$ cup canned or frozen fruit; $\frac{1}{2}$ cup unsweetened fruit juice, 2 tablespoons dried fruit

Nutrients: 60 calories, 15 grams carbohydrate, 0 grams protein, 0 grams fat

Whole fruit is preferred over fruit juice and dried fruit.

Choose packaged fruits with “no sugar added”, “unsweetened” or packed in “light syrup.”

Avoid fruit packaged in heavy syrup.

Citrus fruits, berries and melons are good sources of vitamin C.

Apple, unpeeled, 4 oz
Apples, dried, 4 rings
Applesauce, unsweetened, $\frac{1}{2}$ c
Apricots, 4 whole; $\frac{1}{2}$ c canned
Apricots, dried, 8 halves
Banana, 4" long (4 oz)
Berries:
Blackberries, 1 c
Blueberries, $\frac{3}{4}$ c
Raspberries, 1 c
Strawberries, $1\frac{1}{4}$ c diced
Cantaloupe, 1 c diced
Cherries, canned, $\frac{1}{2}$ c
Cherries, fresh, 12 (3 $\frac{1}{2}$ oz)
Citrus:
Grapefruit, $\frac{1}{2}$ (5 $\frac{1}{2}$ oz)
Grapefruit sections, $\frac{3}{4}$ c
Mandarin oranges, canned, $\frac{3}{4}$ c
Nectarine, 5 $\frac{1}{2}$ oz
Orange, 6 $\frac{1}{2}$ oz
Tangerines, 6 oz

Dates, 3 small or 1 large
Dried fruits – blueberries, cherries,
cranberries, mixed fruit, raisins, 2 T
Figs, dried, 3 small
Figs, fresh, 1 $\frac{1}{2}$ large or 2 medium
(3 $\frac{1}{2}$ oz)
Fruit cocktail, $\frac{1}{2}$ c
Grapes, 17 small (3 oz)
Guava, 2 small (2 $\frac{1}{2}$ oz)
Kiwi, $\frac{1}{2}$ c sliced
Loquat, $\frac{3}{4}$ c cubed
Mango, $\frac{1}{2}$ c (5 $\frac{1}{2}$ oz)
Melon:
Honeydew melon, 1 c diced
Watermelon, 1 $\frac{1}{4}$ c diced
Papaya, 1 c cubed (8 oz)
Peach, $\frac{1}{2}$ c (6 oz)
Pear, $\frac{1}{2}$ c (4 oz)
Pineapple, canned, $\frac{1}{2}$ c
Pineapple, fresh, $\frac{3}{4}$ c

Plantain, extra ripe (black) raw, $\frac{1}{4}$
(2 $\frac{1}{4}$ oz)
Plumes, dried, (prunes) 3
Plums, 2 small (5 oz total) or $\frac{1}{2}$ c
canned
Pomegranate seeds (arils) $\frac{1}{2}$ c

Fruit Juice ($\frac{1}{2}$ c unless otherwise
stated)

Apple juice/cider
Cranberry juice, $\frac{1}{3}$ c
Cranberry juice cocktail, $\frac{1}{2}$ c
Fruit juice blends, $\frac{1}{3}$ c
Grape juice, $\frac{1}{3}$ c
Grapefruit juice
Orange juice
Pineapple juice
Pomegranate juice
Prune juice, $\frac{1}{3}$ c

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CARBOHYDRATE GROUP

Milk & Milk Substitutes

General serving size: 1cup (8 fl oz) milk, $\frac{3}{4}$ cup (6 oz) yogurt

Nutrients: 90-100 calories, 12 grams carbohydrate, 8 grams protein, 0-8 grams fat

Greek yogurt is a good choice because of its high protein content compared with other yogurts.

Cheeses are on the Protein List because they are rich in protein with very little carbohydrate.

Butter, cream, coffee creamer, & unsweetened nut milks (almond, coconut) are on the Fats List.

Ice cream and frozen yogurt are on the Other Carbohydrates List.

Nondairy creamers are on the Free Foods List.

Fat Free & 1% Fat Milk Choices

100 calories, 0-3 g fat

Milk, 1 c

Buttermilk, 1 c

Acidophilus milk, 1 c

Lactose-free milk, 1 c

Yogurt, plain or Greek, $\frac{2}{3}$ (6 oz)

Chocolate milk, 1 c [add 1 carb]

2% (Low-Fat) Milk Choices

120 calories, 5 g fat

Milk, 1 c

Acidophilus milk, 1 c

Kefir, 1 cup

Lactose-free milk, 1 c

Yogurt, plain, $\frac{2}{3}$ c (6 oz)

Whole Milk Choices

160 calories, 8 g fat

Milk, 1 c

Buttermilk, 1 c

Goat's milk, 1 c

Evaporated milk, $\frac{1}{2}$ c

Yogurt, plain, 1 c (8 oz)

Chocolate milk, 1 c [add 1 carb]

Other Milk Products/Substitutes

Eggnog $\frac{1}{3}$ cup:

Fat-free [1 carb]

Low-fat [1 carb + $\frac{1}{2}$ fat]

Whole milk [1 carb + 1 fat]

Rice drink 1 cup:

Plain, fat-free [1 carb]

Flavored, low-fat [2 carbs]

Soy milk 1 cup:

Light or low-fat, plain [$\frac{1}{2}$ carb + $\frac{1}{2}$ fat]

Regular, plain [$\frac{1}{2}$ carb + 1 fat]

Other:

Yogurt w/fruit, low-fat, $\frac{2}{3}$ c (6 oz) [2 carbs]

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Other Carbohydrates - Concentrated Sugar

General serving size: 1 tablespoon

Note: 4 grams of sugar ~1 teaspoon; 12 grams equals ~ 1 T

Nutrients: 70 calories, 15 grams carbohydrate, 0 grams protein, 0 grams fat

Concentrated sugars should be limited because they provide calories with very little nutrition.

If you are diabetic or have elevated triglycerides you should avoid concentrated sugars.

Agave nectar, 1 T
Honey, 1 T
Jam, jelly, preserves, 1 T
Molasses, 1 T
Sugar,* 1 T

Syrup, regular, 1 T
Syrup, light, 2 T
Syrup, chocolate, 1 T
100% fruit spread, 1½ T
Barbeque sauce, 3 T

Hoisin sauce, 2 T
Marinade, 2 T
Plum sauce, 2 T

* table, brown, turbinado, cane, date, invert, sucrose

Words that indicate added sugar: polydextrose, fructose, maltose, dextrose

Other Carbohydrates

General serving size: varies

Nutrients: One Carb: 70 calories, 15 grams carbohydrate; One Fat: 45 calories, 5 grams fat

This list is not inclusive. ALWAYS check food labels or nutrition information at restaurant websites.

The serving sizes on this list are small because these foods are high in calories.

Cakes, Cookies Pastries

Cake, angel food, unfrosted, 1/12 of cake (2 oz) [1 carb + 1 fat]
Cake, angel food, frosted, 2-inch square (2 oz) [2 carbs + 1 fat]
Cake, unfrosted, 2-inch square (1 oz) [1 carb + 1 fat]
Cupcake, frosted, 1 small (1¾ oz) [2 carbs + 1 to 1½ fats]
Cookie, chocolate chip, 2 cookies 1¼-inch width [1 carb + 2 fats]
Fruit cobbler, ½ c (3½ oz) [2 carbs + 1 fat]
Pudding, sugar-free or fat-free, made with fat-free milk, ½ c [1 carb]
Donut, cake, plain, 1 (1½ oz) [1½ carbs + 2 fats]
Muffin, 4 oz [4 carbs + 2½ fats]
Danish pastry, 2½ oz [2½ carbs + 2 fats]

Frozen Desserts

Ice cream, regular, ½ c [1 carb + 2 fats]
Ice cream, no-added-sugar, ½ c [1 carb + 1 fat]
Ice cream, fat-free, ½ c [1½ carbs]
Sherbet, sorbet, ½ c [2 carbs]
Yogurt, frozen, regular, ½ c [1 carb + 0-1 fat]
Yogurt, frozen, fat-free, ⅓ c [1 carb]

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Non-Starchy Vegetables

General serving size: ½ cup cooked vegetables; 1 cup raw vegetables; ½ cup vegetable juice

Nutrients: 25 calories, 5 grams carbohydrate, 2 grams protein, 0 grams fat

Breaded vegetables count as a starch choice; season with herbs rather than fat or cream sauces.

If you eat 3 cups or more of raw vegetables or 1½ cups of cooked, count them as 1 carb choice.

Good sources of vitamin C: broccoli, brussels sprouts, cauliflower, greens, peppers, spinach, and tomatoes.

Vegetables from the cruciferous family are rich in nutrients and offer health benefits.

Raw sprouts have a potential for food-borne illness.

Amaranth leaves (Chinese spinach)	Daikon (Oriental radish)	Radishes
Artichoke hearts (no oil)	Eggplant	Rutabaga
Artichokes	Fennel	Sauerkraut, drained & rinsed
Asparagus	Garlic	Sea vegetables (nori, etc.)
Baby corn	Gourds (bitter, bottle, luffa, bitter melon)	Shallot
Bamboo shoots	Green onions or scallions	Snow peas
Bean sprouts (alfalfa, mung, soybean)	Greens (collard, dandelion, mustard, purslane, turnip)	Spaghetti squash
Beans (green, wax, Italian)	Hearts of palm	Spinach
Beets	Jicama	Sprouts (all varieties)
Broccoli	Kale	Squash, summer: yellow, crookneck, pattypan, zucchini
Broccoli slaw (packaged, no dressing)	Kohlrabi	Sugar snap peas
Brussels sprouts	Leeks	Swiss chard
Cabbage (green, bok choy, Chinese, red)	Mixed vegetables (no starchy vegetables, legumes, pasta)	Tomato
Carrots	Mushrooms	Tomato sauce, unsweetened
Cauliflower	Okra (not fried)	Tomato/vegetable juice, ½ c
Celery	Onions	Tomatoes, canned
Chayote	Pea pods	Turnips
Coleslaw (packaged, no dressing)	Peppers (all varieties)	Water chestnuts
Cucumber		

Note: Salad greens are on the Free Foods List (arugula, chicory, endive, escarole, iceberg, mixed greens/salad blends, romaine, watercress)

Cruciferous vegetables: bok choy, broccoli, Brussels sprouts, cabbage, cauliflower, collards, kale, kohlrabi, radishes, rutabaga, turnips

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PROTEIN GROUP

General serving Size: 1 oz (28 g)

“Select” grades are leanest, then “choice”; “prime” grades are highest in fat.

Bake, broil, roast, grill, poach, steam or boil instead of frying.

Sautéing and frying add additional calories from fat and more if breaded.

Breading adds carbs; 3 T of flour, cornmeal or dried breadcrumbs contains 15 grams of carbs.

4 ounces of raw meat is about 3 ounces cooked.

Try to include some protein with each meal/snack to minimize fluctuations in blood sugar.

Protein takes longer to digest than carbohydrate or fat. This keeps you feeling full for a longer period of time.

Lean Animal Protein

General serving Size: 1 oz (28 g)

Nutrients: 45 calories, 0 grams carbohydrate, 7 grams protein, 2 grams fat

Beef

Ground beef, 90% or higher lean

“Select” or “choice” grades trimmed of fat: roast (chuck, round, rump, sirloin), steak (cubed, flank, porterhouse, T-bone), beef tenderloin

Beef jerky, ½ oz

Pork

Pork, lean: Canadian bacon, ham, rib or loin chop/roast, pork tenderloin

Sausage with 3 grams of fat or less/oz

Hot dog with 3 grams fat or less/oz

Poultry

Poultry without skin: chicken, cornish hen, domestic

duck or goose (well-drained of fat), turkey

Lean ground turkey or chicken

Other

Processed sandwich meats with 3 grams of fat or less/oz: chipped beef, thin-sliced deli meats, turkey ham, turkey pastrami

Game: buffalo, ostrich, rabbit, venison

Lamb: chop, leg, or roast

Veal: cutlet (no breading), loin chop, roast

Organ meats: heart, kidney, liver*

* high in cholesterol

Fish/Seafood

Fresh or frozen fish: catfish, cod, flounder, haddock,

halibut, orange roughy, tilapia, trout,

Fresh or canned in water or oil and drained: salmon, tuna

Smoked fish: herring or salmon (lox)

Sardines, canned, 2 small

Shellfish: clams, crab, imitation shellfish, lobster, scallops, shrimp

Oysters, fresh or frozen, 6 medium

Eggs

Egg substitutes, plain, ¼ c

Egg whites, 2

Cheese

Curd-style cheese: cottage-type (all kinds) ¼ cup (2 oz)

Ricotta (fat-free or light) ¼ c (2 oz)

Cheese w/3 grams fat or less/oz

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PROTEIN GROUP

Medium-Fat Animal Protein

General serving Size: 1 oz (28 g)

Nutrients: 75 calories, 0 grams carbohydrate, 7 grams protein, 5 grams fat

Beef

Beef trimmed of visible fat: ground beef (85% or lower lean), corned beef, meat loaf, "prime" cuts of beef (rib roast), short ribs, tongue

Pork

Pork: ground, cutlet, shoulder roast
Sausage with 4 to 7 grams of fat/oz

Poultry

Poultry with skin: chicken, dove, pheasant, turkey, wild duck, goose
Fried chicken

Fish

Any fried fish

Other

Lamb: ground, rib roast
Egg, whole, 1
Cheese with 4 to 7 g fat/oz: feta, mozzarella, pasteurized processed cheese spread, reduced-fat cheeses
Cheese, ricotta (regular or part skim) ¼ c (2 oz)

High-Fat Animal Protein

General serving Size: 1 oz (28 g)

Nutrients: 100 calories, 0 grams carbohydrate, 7 grams protein, 8 grams fat

Meat, Poultry (1 oz)

Pork, spareribs
Pork sausage with 8 grams or fat or more per oz:
bratwurst, chorizo, Italian, knockwurst, polish, smoked, summer
Bacon, pork 2 slices (1 oz each before cooking)
Bacon, turkey 3 slices (½ oz each before cooking)
Hot dog: beef, pork or combination; turkey or chicken 1 (10 hot dogs per 1 lb-size package)
Processed sandwich meats with 8 grams of fat or more/oz: bologna, hard salami, pastrami

Cheese (1 oz)

Cheese, regular: American, bleu-veined, brie, cheddar, hard goat, Monterey jack, queso, parmesan, Swiss

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PROTEIN GROUP

Plant-Based Protein

Nutrients: 7 grams protein; calories, carbs & fat vary

Serving size and nutrient content will vary for plant-based proteins.

Read food labels for this information. They do contain carbohydrate.

Beans, peas, and lentils are good sources of protein and are also found in the Starch List.

Nut butters provide protein. In smaller amounts they are also found on the Fats List.

Canned beans, peas & lentils high in sodium; drain & rinse to reduce sodium content up to 40%.

Legumes

Baked beans, canned, $\frac{1}{3}$ c [1 starch + 1 lean protein]

Beans, cooked or canned, drained and rinsed: black, garbanzo, kidney, lima, navy, pinto, white, $\frac{1}{2}$ c [1 starch + 1 lean protein]

Edamame, shelled, $\frac{1}{2}$ c [$\frac{1}{2}$ carb + 1 lean protein]

Refried beans, canned, $\frac{1}{2}$ c [1 starch + 1 lean protein]

Peas, black-eye & split peas, cooked or canned, drained & rinsed, $\frac{1}{2}$ c [1 starch + 1 lean protein]

Falafel (spiced chickpea & wheat patties) 3 patties (about 2 inch width) [1 carb + 1 high-fat protein]

Hummus, $\frac{1}{3}$ c [1 carb + 1 med-fat protein]

Lentils, any color, cooked or canned, drained & rinsed, $\frac{1}{2}$ c [1 starch + 1 lean protein]

Nut/Seed-Based Products

Nut butters: almond, cashew, peanut, soy, 1 T [1 high-fat protein]

Soy nuts, unsalted, $\frac{3}{4}$ oz [$\frac{1}{2}$ carb + 1 med-fat]

Processed Meat Alternatives

“Bacon” strips, soy-based, 2 strips ($\frac{1}{2}$ oz) [1 lean protein]

“Beef” or “sausage” crumbles, meatless, 1 oz [1 lean protein]

“Chicken” nuggets, soy-based, 2 nuggets ($1\frac{1}{2}$ oz) [$\frac{1}{2}$ carb + 1 med-fat protein]

“Sausage” breakfast-type patties, meatless, 1 ($1\frac{1}{2}$ oz) [1 med-fat protein]

Hot dog, meatless, soy-based, 1 dog ($1\frac{1}{2}$ oz) [1 lean protein]

Burger, meatless, vegetable & starch-based, 1 patty ($2\frac{1}{2}$ oz) [$\frac{1}{2}$ carb + 1 lean protein]

Burger, meatless, soy-based, 3 oz [$\frac{1}{2}$ carb + 2 lean proteins]

Meatless deli slices, 1 oz [1 lean protein]

Mycoprotein: “chicken” tenders or crumbles, meatless, 2 oz [$\frac{1}{2}$ carb + 1 lean protein]

Soy-Based Foods

Tempeh, plain, unflavored, $\frac{1}{4}$ c ($1\frac{1}{2}$ oz) [1 med-fat protein]

Tofu, regular, $\frac{1}{2}$ c (4 oz) [1 medium-fat protein]

Tofu, light, $\frac{1}{2}$ c (4 oz) [1 lean protein]

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FAT GROUP

Fats & Oils

General serving size: 1 tsp regular margarine, vegetable oil or butter; 1 T regular salad dressing

Nutrients: 45 calories, 0 carbohydrate, 0 protein, 5 grams fat

Bacon and nut butters when used in larger amounts are counted as high-fat protein choices.

Choose mono- & polyunsaturated fats over saturated fats that raise cholesterol.

Saturated fats are solid at room temperature.

Individuals with blood triglycerides should limit added sugar, alcohol and total fat intake.

Monounsaturated Fats

Almond milk, unsweetened, 1 c
Avocado, 2 T (1 oz)
Nuts, almonds or cashews, 6 nuts
Nuts, Brazil, 2 nuts
Nuts, hazelnuts, (filberts) 5 nuts
Nuts, macadamia, 3 nuts
Nuts, mixed, 50% peanuts, 6 nuts
Nuts, peanuts, 10 nuts
Nuts, pecans, 4 halves
Nuts, pistachios, 16 nuts
Oil - canola, olive, peanut, 1 tsp
Olives, black, ripe, 8
Olives, green stuffed, 10 large
*Margarine, plant sterol/stanol-type, light, 1 T
*Margarine, plant sterol/stanol-type, regular, 2 tsp
Peanut & other nut butters, smooth or crunchy, trans-fat free, 1½ tsp

Polyunsaturated Fats

Mayonnaise, reduced-fat, 1 T
Mayonnaise, regular, 1 tsp
Margarine, low-fat spread, 1 T
Margarine, stick, tub, regular, 1 tsp
Nuts, pine nuts, 1 T
Nuts, walnuts, English, 4 halves
Oil - corn, cottonseed, flaxseed, grapeseed, safflower, soybean, sunflower, 1 tsp
Salad dressing, reduced-fat, 2 T
Salad dressing, regular, 1 T
Seeds: flaxseed, ground, 1½ T
Weeds, pumpkin, sesame, sunflower, 1 T
Tahini or sesame paste, 2 tsp

Saturated Fat – Avoid or Limit These

Bacon, 1 slice
Butter, stick, 1tsp
Butter, whipped, 2 tsp
Butter, reduced-fat, 1 T
Butter blends, reduced-fat or light, 1 T
Butter blends, regular, 1½ tsp
Chitterlings, boiled, 2 T (½ oz)
Coconut, sweetened, shredded, 2 T
Coconut milk, canned, thick, light, 1/3 c
Coconut milk, canned, thick, regular, 1½ T
Coconut milk, thin, unsweetened, 1 c
Cream, half and half, 2 T
Cream, heavy, 1 T
Cream, light, 1½ T
Cream, whipped, 2 T
Cream cheese, regular, 1 T (½ oz)
Cream cheese, reduced fat, 1½ T (¾ oz)
Fatback or salt pork, ¼ oz
Shortening, solid, 1 tsp
Lard, 1 tsp
Oil - coconut, palm, palm kernel, 1 tsp
Sour cream, regular, 2 T
Sour cream, reduced fat or light, 3 T

**helps lower blood cholesterol*

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ALCOHOL

**General Serving Size: One Alcohol Equivalent ($\frac{1}{2}$ fl oz ethanol or ethyl alcohol) = 100 calories.
One carbohydrate = 70 calories and 15 g carbohydrate
One Fat = 45 calories and 5 g fat.**

*Alcohol does not directly affect blood glucose; carbs in some alcoholic beverages may raise blood glucose.
To reduce risk of low blood glucose (hypoglycemia), especially if on insulin or oral diabetic medication, never
drink alcohol on an empty stomach. Eat a carbohydrate food with it.*

Limit to no more than 1 serving per day for women and no more than 2 servings per day for men.

Pregnant women or those wanting to become pregnant should not drink alcohol at all.

Avoid alcohol if you have high blood triglycerides, pancreatitis or liver disease.

It's best to avoid drinking alcohol when trying to lose weight.

Beer, light (< 4.5% abv), 12 fl oz [1 AE + $\frac{1}{2}$ carb]

Beer, regular (5% abv), 12 fl oz, [1 AE + 1 carb]

Beer, dark (5.7% abv), 12 fl oz [1 AE + 1 to $1\frac{1}{2}$ carbs]

Distilled spirits (80 or 86 proof): vodka, rum, gin, whiskey, tequila, $1\frac{1}{2}$ fl oz [1 AE]

Liqueur, coffee (53 proof), 1 fl oz [$\frac{1}{2}$ AE + 1 carb]

Sake, 1 fl [$\frac{1}{2}$ AE]

Wine, champagne, 5 fl oz [1 AE]

Wine, dessert (sherry), $3\frac{1}{2}$ fl oz [1 AE + 1 carb]

Wine, dry, red or white (10% abv), 5 fl [1 AE]

% abv = percentage alcohol by volume

AE = alcohol equivalent

c = cup, **T** = tablespoon, **tsp** = teaspoon, **oz** = ounce, **fl oz** = fluid ounce, **lb** = pound

Free Foods

"Free" foods contain less than 20 calories and 5 grams or less of carbohydrate per serving.

Limit to 3 servings or less of a food, and spread the servings throughout the day.

If you eat all 3 servings at once, the carb in the food may raise blood glucose like 1 carb choice.

Foods listed without a serving size provided may be eaten anytime.

Foods listed without a serving size provided may be eaten anytime.

Low-Carbohydrate Foods

Candy, hard (regular or sugar-free) 1 piece
Cranberries or rhubarb, sweetened with sugar substitute, ½ cup
Gelatin dessert, sugar-free
Gum, sugar-free
Jam or jelly, light or no-sugar added, 2 tsp
Sugar substitutes (artificial sweeteners)
Syrup, sugar-free, 2 T

Sugar-Free Foods

Candy, hard, sugar-free, 1 piece
Gelatin dessert, sugar-free
Gelatin, unflavored, sugar-free
Gum
Jam or jelly, light or no sugar (2 teaspoons)
Sugar substitutes
Syrup, sugar-free (2 tablespoons)

Vegetables

Cooked non-starchy vegetables, ¼ c
Raw non-starchy vegetables, ½ c
Salad greens (such as arugula, chicory, endive, escarole, leaf or iceberg lettuce, purslane, romaine, radicchio, spinach, watercress)

Seasonings

Flavoring extracts (vanilla, almond, peppermint, etc.)
Herbs, fresh or dried
Kelp
Nonstick cooking spray
Spices
Wine, used in cooking

Fat-Free or Reduced-Fat Foods

Cream cheese, fat-free, 1T (½ oz)
Creamers, nondairy, liquid, flavored, 1½ tsp
Creamers, nondairy, liquid, sugar-free, flavored, 4 tsp
Creamers, nondairy, powdered, flavored, 1 tsp
Creamers, nondairy, powdered, sugar-free, flavored, 2 tsp
Margarine, fat-free, 1T
Margarine, reduced-fat, 1 tsp
Mayonnaise, fat-free, 1T
Mayonnaise, reduced-fat, 1tsp
Mayonnaise-style salad dressing, fat-free, 1 T
Mayonnaise-style salad dressing, reduced-fat, 2 tsp
Salad dressing, fat-free, 1T
Salad dressing, fat-free, Italian, 2 T
Sour cream, fat-free or reduced-fat, 1T
Whipped topping, light or fat-free, 2 T
Whipped topping, regular, 1 T

Drinks/Mixes

Bouillon or broth, low sodium
Bouillon, broth, consommé
Carbonated or mineral water
Club soda
Cocoa powder, unsweetened, 1 T
Coffee, unsweetened or with sugar substitute
Diet soft drinks, sugar free
Diet soft drinks, sugar-free
Drink mixes (powder or liquid drops) sugar-free such as Crystal Light
Tea, unsweetened or with sugar substitute
Tonic water, sugar-free
Water
Water, flavored, sugar-free

Condiments

Barbecue sauce, 2 tsp
Chili sauce, sweet, tomato type, 2 tsp
Horseradish
Hot pepper sauce
Ketchup, 1 T
Lemon juice
Lime juice
Miso, 1½ tsp
Mustard – brown, Dijon, horseradish-flavored, wasabi-flavored, or yellow
Mustard, honey, 1 T
Parmesan cheese, grated, 1 T
Pickle relish, dill or sweet, 1 T
Pickles, dill, 1½ medium-size
Pickles, sweet, bread & butter, 2 slices
Pickles, sweet, gherkin, ¾ oz
Pimento
Salsa, ¼ cup
Soy sauce, light or regular, 1 T
Sweet & sour sauce, 2 tsp
Taco sauce 1 T
Taco sauce, 1 T
Vinegar (any type – not vinaigrette)
Worcestershire sauce
Yogurt, any type, 2 T

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