

APPENDIX 34. Exchange Lists for Meal Planning—cont'd

How This Exchange List Works With Meal Planning

There are three main groups of foods in this exchange list. They are based on the three major nutrients: carbohydrates, protein (meat and meat substitutes), and fat. Each food list contains foods grouped together because they have similar nutrient content and serving sizes. Each serving of a food has about the same amount of carbohydrate, protein, fat, and calories as the other foods on the same list.

- Foods on the **Starch** list, **Fruits** list, **Milk** list, and **Sweets, Desserts, and Other Carbohydrates** list are similar because they contain 12 to 15 grams of carbohydrate per serving.
- Foods on the **Fat** list and **Meat and Meat Substitutes** list usually do not have carbohydrate (except for the plant-based meat substitutes such as beans and lentils).

- Foods on the **Starchy Vegetables** list (part of the **Starch** list and including foods (such as potatoes, corn, and peas) contain 15 grams of carbohydrate per serving.
- Foods on the **Nonstarchy Vegetables** list (such as green beans, tomatoes, and carrots) contain 5 grams of carbohydrate per serving.
- Some foods have so little carbohydrate and calories that they are considered “free,” if eaten in small amounts. You can find these foods on the **Free Foods** list.
- Foods that have different amounts of carbohydrates and calories are listed as **Combination Foods** (such as lasagna) or **Fast Foods**. Foods are listed with their serving sizes, which are usually measured after cooking. When you begin, measuring the size of each serving will help you learn to “eyeball” correct serving sizes. The following chart shows the amount of nutrients in one serving from each list:

Food List	Carbohydrate (grams)	Protein (grams)	Fat (grams)	Calories
Carbohydrates				
Starch: breads, cereals and grains, starchy vegetables, crackers and snacks, and beans, peas, and lentils	15	0-3	0-1	80
Fruits	15	—	—	60
Milk				
Fat-free, low-fat, 1%	12	8	0-3	100
Reduced fat, 2%	12	8	5	120
Whole	12	8	8	160
Sweets, desserts, and other carbohydrates	15	Varies	Varies	Varies
Nonstarchy Vegetables	5	2	—	25
Meat and Meat Substitutes				
Lean	—	7	0-3	45
Medium-fat	—	7	4-7	75
High-fat	—	7	8+	100
Plant-based proteins	Varies	7	Varies	Varies
Fats				
	—	—	5	45
Alcohol				
	Varies	—	—	100

Starch

Cereals, grains, pasta, breads, crackers, snacks, starchy vegetables, and cooked beans, peas, and lentils are starches. In general, 1 starch is:

- $\frac{1}{2}$ cup of cooked cereal, grain, or starchy vegetable
- $\frac{1}{2}$ cup of cooked rice or pasta
- 1 oz of a bread product, such as 1 slice of bread
- $\frac{3}{4}$ oz to 1 oz of most snack foods (some snack foods may also have extra fat)

Nutrition Tips

1. A choice on the **Starch** list has 15 grams of carbohydrate, 0-3 grams of protein, 0-1 grams of fat, and 80 calories.
2. For maximum health benefits, eat three or more servings of whole grains each day. A serving of whole grain is about $\frac{1}{2}$ cup of cooked cereal or grain, 1 slice of whole-grain bread, or 1 cup of whole-grain cold breakfast cereal.

Food	Serving Size
Bread	
Bagel, large (about 4 oz)	$\frac{1}{4}$ (1 oz)
Biscuit, 2 $\frac{1}{2}$ inches across†	1
Bread	
Reduced-calorie*	2 slices (1 $\frac{1}{2}$ oz)
White, whole-grain, pumpernickel, rye, unfrosted raisin	1 slice (1 oz)
Chapatti, small, 6 inches across	1
Cornbread, 1 $\frac{1}{4}$ inch cube†	1 (1 $\frac{1}{2}$ oz)

Selection Tips

1. Choose low-fat starches as often as you can.
2. Starchy vegetables, baked goods, and grains prepared with fat count as 1 starch and 1 fat.
3. For many starchy foods (bagels, muffins, dinner rolls, buns), a general rule of thumb is 1 oz equals 1 serving. Always check the size you eat. Because of their large size, some foods have a lot more carbohydrate (and calories) than you might think. For example, a large bagel may weigh 4 oz and equal 4 carbohydrate servings.
4. For specific information, read the Nutrition Facts panel on the food label.

Food	Serving Size
English muffin	$\frac{1}{2}$
Hot dog bun or hamburger bun	$\frac{1}{2}$ (1 oz)
Naan, 8 inches by 2 inches	$\frac{1}{4}$
Pancake, 4 inches across, $\frac{1}{4}$ inch thick	1
Pita, 6 inches across	$\frac{1}{2}$
Roll, plain, small	1 (1 oz)
Stuffing, bread†	$\frac{1}{3}$ cup
Taco shell, 5 inches across†	2
Tortilla, corn, 6 inches across	1

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Food	Serving Size
Tortilla, flour, 6 inches across	1
Tortilla, flour, 10 inches across	$\frac{1}{3}$ tortilla
Waffle, 4-inch square or 4 inches across†	1

Cereals and Grains

Barley, cooked	$\frac{1}{3}$ cup
Bran, dry	
Oat*	$\frac{1}{4}$ cup
Wheat*	$\frac{1}{2}$ cup
Bulgar (cooked)*	$\frac{1}{2}$ cup
Cereals	
Bran*	$\frac{1}{2}$ cup
Cooked (oats, oatmeal)	$\frac{1}{2}$ cup
Puffed	$1\frac{1}{2}$ cup
Shredded wheat, plain	$\frac{1}{2}$ cup
Sugar-coated	$\frac{1}{2}$ cup
Unsweetened, ready-to-eat	$\frac{1}{4}$ cup
Couscous	$\frac{1}{3}$ cup
Granola	
Low-fat	$\frac{1}{4}$ cup
Regular†	$\frac{1}{4}$ cup
Grits, cooked	$\frac{1}{2}$ cup
Kasha	$\frac{1}{2}$ cup
Millet, cooked	$\frac{1}{3}$ cup
Muesli	$\frac{1}{4}$ cup
Pasta, cooked	$\frac{1}{3}$ cup
Polenta, cooked	$\frac{1}{3}$ cup
Quinoa, cooked	$\frac{1}{3}$ cup
Rice, white or brown, cooked	$\frac{1}{3}$ cup
Tabbouleh (tabouli), prepared	$\frac{1}{2}$ cup
Wheat germ, dry	3 Tbsp
Wild rice, cooked	$\frac{1}{2}$ cup

Starchy Vegetables

Cassava	$\frac{1}{3}$ cup
Corn	$\frac{1}{2}$ cup
On cob, large	$\frac{1}{2}$ cob (5 oz)
Hominy, canned*	$\frac{1}{4}$ cup
Mixed vegetables with corn, peas, or pasta*	1 cup
Parsnips*	$\frac{1}{2}$ cup
Peas, green*	$\frac{1}{2}$ cup
Plantain, ripe	$\frac{1}{3}$ cup

*More than 3 grams of dietary fiber per serving.

†Extra fat, or prepared with added fat. (Count as 1 starch + 1 fat.)

‡480 milligrams or more of sodium per serving.

Fruits

Fresh, frozen, canned, and dried fruits and fruit juices are on this list. In general, 1 fruit choice is:

- $\frac{1}{2}$ cup of canned or fresh fruit or unsweetened fruit juice
- 1 small fresh fruit (4 oz)
- 2 tablespoons of dried fruit

Nutrition Tips

1. A choice on the **Fruits** list has 15 grams of carbohydrate, 0 grams of protein, 0 grams of fat, and 60 calories.
2. Fresh, frozen, and dried fruits are good sources of fiber. Fruit juices contain very little fiber. Choose fruits instead of juices whenever possible.
3. Citrus fruits, berries, and melons are good sources of vitamin C.

Food	Serving Size
Potato	
Baked with skin	$\frac{1}{4}$ large (3 oz)
Boiled, all kinds	$\frac{1}{2}$ cup or $\frac{1}{2}$ medium (3 oz)
Mashed, with milk and fat†	$\frac{1}{2}$ cup
French fried (oven-baked)	1 cup (2 oz)
Pumpkin, canned, no sugar added*	1 cup
Spaghetti/pasta sauce	$\frac{1}{2}$ cup
Squash, winter (acorn, butternut)*	1 cup
Succotash*	$\frac{1}{2}$ cup
Yam, sweet potato, plain	$\frac{1}{2}$ cup

Crackers and Snacks

Animal crackers	8
Crackers	
Round-butter type†	6
Saltine-type	6
Sandwich-style, cheese or peanut butter filling†	3
Whole-wheat regular†	2-5 ($\frac{1}{4}$ oz)
Whole-wheat lower fat or crispbreads*	2-5 ($\frac{1}{4}$ oz)
Graham cracker, $2\frac{1}{2}$ -inch square	3
Matzoh	$\frac{1}{4}$ oz
Melba toast, about 2-inch by 4-inch piece	4 pieces
Oyster crackers	20
Popcorn (microwave popped)	3 cups
With butter†*	3 cups
No fat added*	3 cups
Lower fat*	3 cups
Pretzels	$\frac{3}{4}$ oz
Rice cakes, 4 inches across	2
Snack chips	
Fat-free or baked (tortilla, potato), baked pita chips	15-20 ($\frac{1}{4}$ oz)
Regular (tortilla, potato)†	9-13 ($\frac{1}{4}$ oz)

Beans, Peas, and Lentils

The choices on this list count as 1 starch + 1 lean meat.

Baked beans*	$\frac{1}{3}$ cup
Beans, cooked (black, garbanzo, kidney, lima, navy, pinto, white)*	$\frac{1}{2}$ cup
Lentils, cooked (brown, green, yellow)*	$\frac{1}{2}$ cup
Peas, cooked (black-eyed, split)*	$\frac{1}{2}$ cup
Refried beans, canned†*	$\frac{1}{2}$ cup

Selection Tips

1. Use a food scale to weigh fresh fruits. Practice builds portion skills.
2. The weight listed includes skin, core, seeds, and rind.
3. Read the Nutrition Facts on the food label. If 1 serving has more than 15 g of carbohydrate, you may need to adjust the size of the serving.
4. Portion sizes for canned fruits are for the fruit and a small amount of juice (1 to 2 tablespoons).
5. Food labels for fruits may contain the words *no sugar added* or *unsweetened*. This means that no sucrose (table sugar) has been added; it *does not* mean the food contains no sugar.
6. Fruit canned in *extra light syrup* has the same amount of carbohydrate per serving as the *no sugar added* or the *juice pack*. All canned fruits on the **Fruits** list are based on one of these three types of pack. Avoid fruit canned in heavy syrup.

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The weight listed includes skin, core, seeds, and rind.

Food	Serving Size
Fruit	
Apple, unpeeled, small	1 (4 oz)
Apples, dried	4 rings
Applesauce, unsweetened	½ cup
Apricots	
Canned	½ cup
Dried	8 halves
Fresh*	4 whole (5½ oz)
Banana, extra small	1 (4 oz)
Blackberries*	¾ cup
Blueberries	¾ cup
Cantaloupe, small	½ melon or 1 cup cubed (11 oz)
Cherries	
Sweet, canned	½ cup
Sweet fresh	12 (3 oz)
Dates	3
Dried fruits (blueberries, cherries, cranberries, mixed fruit, raisins)	2 Tbsp
Figs	
Dried	1½
Fresh*	1½ large or 2 medium (3½ oz)
Fruit cocktail	½ cup
Grapefruit	
Large	½ (11 oz)
Sections, canned	¾ cup
Grapes, small	17 (3 oz)
Honeydew melon	1 slice or 1 cup cubed (10 oz)
Kiwi*	1 (3½ oz)
Mandarin oranges, canned	¾ cup

*More than 3 grams of dietary fiber per serving.

Milk

Different types of milk and milk products are on this list. However, 2 types of milk products are found in other lists:

- Cheeses are on the **Meat and Meat Substitutes** list (because they are rich in protein).
- Cream and other dairy fats are on the **Fats** list.

Milks and yogurts are grouped in 3 categories (fat-free/low-fat, reduced-fat, or whole) based on the amount of fat they have. The following chart shows you what 1 milk choice contains:

	Carbohydrate (grams)	Protein (grams)	Fat (grams)	Calories
Fat-free (skim), low-fat (1%)	12	8	0-3	100
Reduced-fat (2%)	12	8	5	120
Whole	12	8	8	160

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Food	Serving Size
Mango, small	½ fruit (5½ oz) or ½ cup
Nectarine, small	1 (5 oz)
Orange, small*	1 (6½ oz)
Papaya	½ fruit or 1 cup cubed (8 oz)
Peaches	
Canned	½ cup
Fresh, medium	1 (6 oz)
Pears	
Canned	½ cup
Fresh, large	½ (4 oz)
Pineapple	
Canned	½ cup
Fresh	¾ cup
Plums	
Canned	½ cup
Dried (prunes)	3
Small	2 (5 oz)
Raspberries*	1 cup
Strawberries*	1¼ cup whole berries
Tangerines, small*	2 (8 oz)
Watermelon	1 slice or 1¼ cups cubes (13½ oz)
Fruit Juice	
Apple juice/cider	½ cup
Fruit juice blends, 100% juice	½ cup
Grape juice	⅓ cup
Grapefruit juice	½ cup
Orange juice	½ cup
Pineapple juice	½ cup
Prune juice	⅓ cup

Nutrition Tips

1. Milk and yogurt are good sources of calcium and protein.
2. The higher the fat content of milk and yogurt, the more saturated fat and cholesterol it has.
3. Children over the age of 2 and adults should choose lower-fat varieties such as skim, 1%, or 2% milks or yogurts.

Selection Tips

1. 1 cup equals 8 fluid oz or ½ pint.
2. If you choose 2%, or whole-milk foods, be aware of the extra fat.

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Food	Serving Size	Count As
Milk and Yogurts		
Fat-free or low-fat (1%)		
Milk, buttermilk, acidophilus milk, Lactaid	1 cup	1 fat-free milk
Evaporated milk	$\frac{1}{2}$ cup	1 fat-free milk
Yogurt, plain or flavored with an artificial sweetener	$\frac{2}{3}$ cup (6 oz)	1 fat-free milk
Reduced-fat (2%)		
Milk, acidophilus milk, kefir, Lactaid	1 cup	1 reduced-fat milk
Yogurt, plain	$\frac{2}{3}$ cup (6 oz)	1 reduced-fat milk
Whole		
Milk, buttermilk, goat's milk	1 cup	1 whole milk
Evaporated milk	$\frac{1}{2}$ cup	1 whole milk
Yogurt, plain	8 oz	1 whole milk
Dairy-Like Foods		
Chocolate milk		
Fat-free	1 cup	1 fat-free milk + 1 carbohydrate
Whole	1 cup	1 whole milk + 1 carbohydrate
Eggnog, whole milk	$\frac{1}{2}$ cup	1 carbohydrate + 2 fats
Rice drink		
Flavored, low-fat	1 cup	2 carbohydrates
Plain, fat-free	1 cup	1 carbohydrate
Smoothies, flavored, regular	10 oz	1 fat-free milk + $2\frac{1}{2}$ carbohydrates
Soy milk		
Light	1 cup	1 carbohydrate + $\frac{1}{2}$ fat
Regular, plain	1 cup	1 carbohydrate + 1 fat
Yogurt		
And juice blends	1 cup	1 fat-free milk + 1 carbohydrate
Low carbohydrate (less than 6 grams carbohydrate per choice)	$\frac{2}{3}$ cup (6 oz)	$\frac{1}{2}$ fat-free milk
With fruit, low-fat	$\frac{2}{3}$ cup (6 oz)	1 fat-free milk + 1 carbohydrate

Sweets, Desserts, and Other Carbohydrates

You can substitute food choices from this list for other carbohydrate-containing foods (such as those found on the **Starch**, **Fruit**, or **Milk** lists) in your meal plan, even though these foods have added sugars or fat.

Common Measurements**Dry:**

3 tsp = 1 Tbsp

4 oz = $\frac{1}{2}$ cup

8 oz = 1 cup

Liquid:

4 Tbsp = $\frac{1}{4}$ cup

8 oz = $\frac{1}{2}$ pint

Nutrition Tips

1. A carbohydrate choice has 15 grams of carbohydrate, variable grams of protein, variable grams of fat, and variable calories.

2. The foods on this list do not have as many vitamins, minerals, and fiber as the choices on the **Starch**, **Fruits**, or **Milk** lists. When choosing sweets, desserts, and other carbohydrate foods, you should also eat foods from other food lists to balance out your meals.
3. Many of these foods don't equal a single choice. Some will also count as one or more fat choices.
4. If you are trying to lose weight, choose foods from this list less often.
5. The serving sizes for these foods are small because of their fat content.

Selection Tips

1. Read the Nutrition facts on the food label to find the serving size and nutrient information.
2. Many sugar-free, fat-free, or reduced-fat products are made with ingredients that contain carbohydrate. These types of food usually have the same amount of carbohydrate as the regular foods they are replacing. Talk with your RD and find out how to fit these foods into your meal plan.

Food	Serving Size	Count As
Beverages, Soda, and Energy/Sports Drinks		
Cranberry juice cocktail	$\frac{1}{2}$ cup	1 carbohydrate
Energy drink	1 can (8.3 oz)	2 carbohydrates
Fruit drink or lemonade	1 cup (8 oz)	2 carbohydrates
Hot chocolate		
Regular	1 envelope added to 8 oz water	1 carbohydrate + 1 fat
Sugar-free or light	1 envelope added to 8 oz water	1 carbohydrate
Soft drink (soda), regular	1 can (12 oz)	$2\frac{1}{2}$ carbohydrates
Sports drink	1 cup (8 oz)	1 carbohydrate

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Food	Serving Size	Count As
Brownies, Cake, Cookies, Gelatin, Pie, and Pudding		
Brownie, small, unfrosted	1¼ -inch square, ⅞ inch high (about 1 oz)	1 carbohydrate + 1 fat
Cake		
Angel food, unfrosted	½ of cake (about 2 oz)	2 carbohydrates
Frosted	2-inch square (about 2 oz)	2 carbohydrates + 1 fat
Unfrosted	2-inch square (about 2 oz)	1 carbohydrate + 1 fat
Cookies		
Chocolate chip	2 cookies (2¼ inches across)	1 carbohydrate + 2 fats
Gingersnap	3 cookies	1 carbohydrate
Sandwich, with creme filling	2 small (about ⅓ oz)	1 carbohydrate + 1 fat
Sugar-free	3 small or 1 large (¼-1 oz)	1 carbohydrate + 1-2 fats
Vanilla wafer	5 cookies	1 carbohydrate + 1 fat
Cupcake, frosted	1 small (about 1¼ oz)	2 carbohydrates + 1-1½ fats
Fruit cobbler	½ cup (3½ oz)	3 carbohydrates + 1 fat
Gelatin, regular	½ cup	1 carbohydrate
Pie		
Commercially prepared fruit, 2 crusts	⅙ of 8-inch pie	3 carbohydrates + 2 fats
Pumpkin or custard	⅙ of 8-inch pie	1½ carbohydrates + 1½ fats
Pudding		
Regular (made with reduced-fat milk)	½ cup	2 carbohydrates
Sugar-free or sugar- and fat-free (made with fat-free milk)	½ cup	1 carbohydrate
Candy, Spreads, Sweets, Sweeteners, Syrups, and Toppings		
Candy bar, chocolate/peanut	2 "fun size" bars (1 oz)	1½ carbohydrates + 1½ fats
Candy, hard	3 pieces	1 carbohydrate
Chocolate "kisses"	5 pieces	1 carbohydrate + 1 fat
Coffee creamer		
Dry, flavored	4 tsp	½ carbohydrate + ½ fat
Liquid, flavored	2 Tbsp	1 carbohydrate
Fruit snacks, chewy (pureed fruit concentrate)	1 roll (¼ oz)	1 carbohydrate
Fruit spreads, 100% fruit	1½ Tbsp	1 carbohydrate
Honey	1 Tbsp	1 carbohydrate
Jam or jelly, regular	1 Tbsp	1 carbohydrate
Sugar	1 Tbsp	1 carbohydrate
Syrup		
Chocolate	2 Tbsp	2 carbohydrates
Light (pancake type)	2 Tbsp	1 carbohydrate
Regular (pancake type)	1 Tbsp	1 carbohydrate
Condiments and Sauces		
Barbeque sauce	3 Tbsp	1 carbohydrate
Cranberry sauce, jellied	¼ cup	1½ carbohydrates
Gravy, mushroom, canned†	½ cup	½ carbohydrate + ½ fat
Salad dressing, fat-free, low fat, cream-based	3 Tbsp	1 carbohydrate
Sweet and sour sauce	3 Tbsp	1 carbohydrate
Doughnuts, Muffins, Pastries, and Sweet Breads		
Banana nut bread	1-inch slice (1 oz)	2 carbohydrates + 1 fat
Doughnut		
Cake, plain	1 medium (1½ oz)	1½ carbohydrates + 2 fats
Glazed	¾ inches across (2 oz)	2 carbohydrates + 2 fats
Muffin (4 oz)	¼ muffin (1 oz)	1 carbohydrate + ½ fat
Sweet roll or Danish	1 (2½ oz)	2½ carbohydrates + 2 fats
Frozen Bars, Frozen Desserts, Frozen Yogurt, and Ice Cream		
Frozen pops	1	½ carbohydrate
Fruit juice bars, frozen, 100% juice	1 bar (3 oz)	1 carbohydrate
Ice cream		
Fat-free	½ cup	1½ carbohydrates
Light	½ cup	1 carbohydrate + 1 fat
No sugar added	½ cup	1 carbohydrate + 1 fat
Regular	½ cup	1 carbohydrate + 2 fats
Sherbet, sorbet	½ cup	2 carbohydrates
Yogurt, frozen		
Fat-free	⅓ cup	1 carbohydrate
Regular	½ cup	1 carbohydrate + 0-1 fat

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Food	Serving Size	Count As
Granola Bars, Meal Replacement Bars/Shakes, and Trail Mix		
Granola or snack bar, regular or low-fat	1 bar (1 oz)	1½ carbohydrates
Meal replacement bar	1 bar (1½ oz)	1½ carbohydrates + 0-1 fat
Meal replacement bar	1 bar (2 oz)	2 carbohydrates + 1 fat
Meal replacement shake, reduced calorie	1 can (10-11 oz)	1½ carbohydrates + 0-1 fat
Trail mix		
Candy/nut-based	1 oz	1 carbohydrate + 2 fats
Dried fruit-based	1 oz	1 carbohydrate + 1 fat

‡480 mg or more of sodium per serving.

Nonstarchy Vegetables

Vegetable choices include vegetables in this **Nonstarchy Vegetables** list and the **Starchy Vegetables** list found within the **Starch** list.

Vegetables with small amounts of carbohydrate and calories are on the **Nonstarchy Vegetables** list. Vegetables contain important nutrients. Try to eat at least 2 to 3 nonstarchy vegetable choices each day (as well as choices from the **Starchy Vegetables** list). In general, 1 nonstarchy vegetable choice is:

- ½ cup of cooked vegetables or vegetable juice
- 1 cup of raw vegetables

If you eat 3 cups or more of raw vegetables or 1½ cups of cooked vegetables in a meal, count them as 1 carbohydrate choice.

Nutrition Tips

1. A choice on this list (½ cup cooked or 1 cup raw) equals 5 grams of carbohydrate, 2 grams of protein, 0 grams of fat, and 25 calories.
2. Fresh and frozen vegetables have less added salt than canned vegetables. Drain and rinse canned vegetables to remove some salt.

Nonstarchy Vegetables

Amaranth or Chinese spinach	Cucumber	Peppers (all varieties)*
Artichoke	Eggplant	Radishes
Artichoke hearts	Gourds (bitter, bottle, luffa, bitter melon)	Rutabaga
Asparagus	Green onions or scallions	Sauerkraut†
Baby corn	Greens (collard, kale, mustard, turnip)	Soybean sprouts
Bamboo shoots	Hearts of palm	Spinach
Beans (green, wax, Italian)	Jicama	Squash (summer, crookneck, zucchini)
Bean sprouts	Kohlrabi	Sugar pea snaps
Beets	Leeks	Swiss chard*
Borscht‡	Mixed vegetables (without corn, peas, or pasta)	Tomato
Broccoli	Mung bean sprouts	Tomatoes, canned
Brussels sprouts*	Mushrooms, all kinds, fresh	Tomato sauce‡
Cabbage (green, bok choy, Chinese)	Okra	Tomato/vegetable juice‡
Carrots*	Onions	Turnips
Cauliflower	Oriental radish or daikon	Water chestnuts
Celery	Pea pods	Yard-long beans
Chayote*		
Coleslaw, packaged, no dressing		

*More than 3 grams of dietary fiber per serving.

‡480 milligrams or more of sodium per serving.

Meat and Meat Substitutes

Meat and meat substitutes are rich in protein. Foods from this list are divided into 4 groups based on the amount of fat they contain. These groups are lean meat, medium-fat meat, high-fat meat, and plant-based proteins. The following chart shows you what one choice includes:

	Carbohydrate (grams)	Protein (grams)	Fat (grams)	Calories
Lean meat	—	7	0-3	45
Medium-fat meat	—	7	4-7	75
High-fat meat	—	7	8+	100
Plant-based protein	Varies	7	Varies	Varies

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Nutrition Tips

1. Read labels to find foods low in fat and cholesterol. Try for 3 grams of fat or less per serving.
2. Read labels to find "hidden" carbohydrate. For example, hot dogs actually contain a lot of carbohydrate. Most hot dogs are also high in fat, but are often sold in lower-fat versions.
3. Whenever possible, choose lean meats.
 - a. Select grades of meat that are the leanest.
 - b. Choice grades have a moderate amount of fat.
 - c. Prime cuts of meat have the highest amount of fat.
4. Fish such as herring, mackerel, salmon, sardines, halibut, trout, and tuna are rich in omega-3 fats, which may help reduce risk for heart disease. Choose fish (not commercially fried fish fillets) two or more times each week.

Food	Amount
Lean Meats and Meat Substitutes	
Beef: Select or Choice grades trimmed of fat: ground round, roast (chuck, rib, rump), round, sirloin, steak (cubed, flank, porterhouse, T-bone), tenderloin	1 oz
Beef jerky [†]	1 oz
Cheeses with 3 grams of fat or less per oz	1 oz
Cottage cheese	¼ cup
Egg substitutes, plain	¼ cup
Egg whites	2
Fish, fresh or frozen, plain: catfish, cod, flounder, haddock, halibut, orange roughy, salmon, tilapia, trout, tuna	1 oz
Fish, smoked: herring or salmon (lox) [†]	1 oz
Game: buffalo, ostrich, rabbit, venison	1 oz
Hot dog with 3 grams of fat or less per oz [†] (8 dogs per 14 oz package) (<i>Note: Maybe high in carbohydrate</i>)	1
Lamb: chop, leg, or roast	1 oz

[†]480 milligrams or more of sodium per serving.

Food	Amount
Medium-Fat Meat and Meat Substitutes	
Beef: corned beef, ground beef, meatloaf, Prime grades trimmed of fat (prime rib), short ribs, tongue	1 oz
Cheeses with 4-7 grams of fat per oz: feta, mozzarella, pasteurized processed cheese spread, reduced-fat cheeses, string	1 oz
Egg (<i>Note: High in cholesterol, so limit to 3 per week</i>)	1

[†]480 milligrams or more of sodium per serving.

The following foods are high in saturated fat, cholesterol, and calories and may raise blood cholesterol levels if eaten on a regular basis. Try to eat 3 or fewer servings from this group per week.

High-Fat Meat and Meat Substitutes

Food	Amount
Bacon	
Pork [†]	2 slices (16 slices per lb or 1 oz each, before cooking)
Turkey [†]	3 slices (½ oz each before cooking)
Cheese, regular: American, bleu, brie, cheddar, hard goat, Monterey jack, queso, and Swiss	1 oz
Hot dog: beef, pork, or combination (10 per lb-sized package) ^{††}	1

[†]Extra fat, or prepared with added fat. (Add an additional fat choice to this food.)

^{††}480 milligrams or more of sodium per serving.

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

Selection Tips

1. Trim off visible fat or skin.
2. Roast, broil, or grill meat on a rack so that the fat will drain off during cooking.
3. Use a nonstick spray and a nonstick pan to brown or fry foods.
4. Some processed meats, seafood, and soy products contain carbohydrate. Read the food label to see if the amount of carbohydrate in the serving size you plan to eat is close to 13 grams. If so, count it as 1 carbohydrate choice and 1 or more meat choice.
5. Meat or fish that is breaded with cornmeal, flour, or dried bread crumbs contain carbohydrate. Count 3 Tbsp of one of these dry grains as 15 grams of carbohydrate.

Food	Amount
Organ meats: heart, kidney, liver (<i>Note: Maybe high in cholesterol</i>)	1 oz
Oysters, fresh or frozen	6 medium
Pork, lean	
Canadian bacon [†]	1 oz
Rib or loin chop/roast, ham, tenderloin	1 oz
Poultry, without skin: Cornish hen, chicken, domestic duck or goose (well-drained of fat), turkey	1 oz
Processed sandwich meats with 3 grams of fat or less per oz: chipped beef, deli thin-sliced meats, turkey ham, turkey kielbasa, turkey pastrami	1 oz
Salmon, canned	1 oz
Sardines, canned	2 medium
Sausage with 3 grams of fat or less per oz [†]	1 oz
Shellfish: clams, crab, imitation shellfish, lobster, scallops, shrimp	1 oz
Tuna, canned in water or oil, drained	1 oz
Veal, loin chop, roast	1 oz

Food	Amount
Fish, any fried product	1 oz
Lamb: ground, rib roast	1 oz
Pork: cutlet, shoulder roast	1 oz
Poultry: chicken with skin; dove, pheasant, wild duck, or goose; fried chicken; ground turkey	1 oz
Ricotta cheese	2 oz or ¼ cup
Sausage with 4-7 grams of fat per oz [†]	1 oz
Veal, cutlet (no breading)	1 oz

High-Fat Meat and Meat Substitutes

Food	Amount
Hot dog: turkey or chicken (10 per lb-sized package) [†]	1
Pork: ground, sausage, spareribs	1 oz
Processed sandwich meats with 8 grams of fat or more per oz: bologna, pastrami, hard salami	1 oz
Sausage with 8 grams fat or more per oz: bratwurst, chorizo, Italian, knockwurst, Polish, smoked, summer ^{††}	1 oz

APPENDIX 34. Exchange Lists for Meal Planning—cont'd

Because carbohydrate content varies among plant-based proteins, you should read the food label.

Food	Amount	Count as
Plant-Based Proteins		
"Bacon" strips, soy-based	3 strips	1 medium-fat meat
Baked beans*	$\frac{1}{2}$ cup	1 starch + 1 lean meat
Beans, cooked: black, garbanzo, kidney, lima, navy, pinto, white*	$\frac{1}{2}$ cup	1 starch + 1 lean meat
"Beef" or "sausage" crumbles, soy-based*	2 oz	$\frac{1}{2}$ carbohydrate + 1 lean meat
"Chicken" nuggets, soy-based	2 nuggets ($1\frac{1}{2}$ oz)	$\frac{1}{2}$ carbohydrate + 1 medium-fat meat
Edamame*	$\frac{1}{2}$ cup	$\frac{1}{2}$ carbohydrate + 1 lean meat
Falafel (spiced chickpea and wheat patties)	3 patties (about 2 inches across)	1 carbohydrate + 1 high-fat meat
Hot dog, soy-based	1 ($1\frac{1}{2}$ oz)	$\frac{1}{2}$ carbohydrate + 1 lean meat
Hummus*	$\frac{1}{4}$ cup	1 carbohydrate + 1 high-fat meat
Lentils, brown, green, or yellow*	$\frac{1}{2}$ cup	1 carbohydrate + 1 lean meat
Meatless burger, soy-based*	3 oz	$\frac{1}{2}$ carbohydrate + 2 lean meats
Meatless burger, vegetable- and starch-based*	1 patty (about $2\frac{1}{2}$ oz)	1 carbohydrate + 2 lean meats
Nut spreads: almond butter, cashew butter, peanut butter, soy nut butter	1 Tbsp	1 high-fat meat
Peas, cooked: black-eyed and split peas*	$\frac{1}{2}$ cup	1 starch + 1 lean meat
Refried beans, canned†*	$\frac{1}{2}$ cup	1 starch + 1 lean meat
"Sausage" patties, soy-based	1 ($1\frac{1}{2}$ oz)	1 medium-fat meat
Soy nuts, unsalted	$\frac{3}{4}$ oz	$\frac{1}{2}$ carbohydrate + 1 medium-fat meat
Tempeh	$\frac{1}{4}$ cup	1 medium-fat meat
Tofu	4 oz ($\frac{1}{2}$ oz)	1 medium-fat meat
Tofu, light	4 oz ($\frac{1}{2}$ oz)	1 lean meat

*More than 3 grams of dietary fiber per serving.

†480 milligrams or more of sodium per serving.

Fats

Fats are divided into 3 groups, based on the main type of fat they contain:

- **Unsaturated fats** (omega-3, monounsaturated, and polyunsaturated) are primarily vegetable and are liquid at room temperature. These fats have good health benefits.
 - **Omega-3 fats** are a type of polyunsaturated fat and can help lower triglyceride levels and the risk of heart disease.
 - **Monounsaturated fats** also help lower cholesterol levels and may help raise HDL (good) cholesterol levels.
 - **Polyunsaturated fats** can help lower cholesterol levels.
- **Saturated fats** have been linked with heart disease. They can raise LDL (bad) cholesterol levels and should be eaten in small amounts. Saturated fats are solid at room temperature.
- **Trans fats** are made in a process that changes vegetable oils into semi-solid fats. These fats can raise blood cholesterol levels and should be eaten in small amounts. Partially hydrogenated and hydrogenated fats are types of man-made *trans* fats and should be avoided. *Trans* fats are also found naturally occurring in some animal products such as meat, cheese, butter, and dairy products.

Nutrition Tips

1. A choice on the **Fats** list contains 5 grams of fat and 45 calories.
2. All fats are high in calories. Limit serving sizes for good nutrition and health.
3. Limit the amount of fried foods you eat.
4. Nuts and seeds are good sources of unsaturated fats if eaten in moderation. They have small amounts of fiber, protein, and magnesium.

5. Good sources of omega-3 fatty acids include:
 - a. Fish such as albacore tuna, halibut, herring, mackerel, salmon, sardines, and trout
 - b. Flaxseeds and English walnuts
 - c. Oils such as canola, soybean, flaxseed, and walnut.

Selection Tips

1. Read the Nutrition Facts on food labels for serving sizes. One fat choice is based on a serving size that has 5 grams of fat.
2. The food label also lists total fat grams, saturated fat, and *trans* fat grams per serving. When most of the calories come from saturated fat, the food is part of the Saturated Fats list.
3. When selecting fats, consider replacing saturated fats with monounsaturated fats and omega-3 fats. Talk with your RD about the best choices for you.
4. When selecting regular margarine, choose those that list liquid vegetable oil as the first ingredient. Soft or tub margarines have less saturated fat than stick margarines and are a healthier choice. Look for *trans* fat-free soft margarines.
5. When selecting reduced-fat or lower-fat margarines, look for liquid vegetable oil (*trans* fat-free). Water is usually the first ingredient. Fats and oils have mixtures of unsaturated (polyunsaturated and monounsaturated) and saturated fats. Foods on the Fats list are grouped together based on the major type of fat they contain. In general, 1 fat choice equals:
 - 1 teaspoon of regular margarine, vegetable oil, or butter
 - 1 tablespoon of regular salad dressing

Food	Serving Size
Unsaturated Fats—Monounsaturated Fats	
Avocado, medium	2 Tbsp (1 oz)
Nut butters (<i>trans</i> fat-free): almond butter, cashew butter, peanut butter (smooth or crunchy)	$1\frac{1}{2}$ tsp

Food	Serving Size
Nuts	
Almonds	6 nuts
Brazil	2 nuts
Cashews	6 nuts
Filberts (hazelnuts)	5 nuts

APPENDIX 34. Exchange Lists for Meal Planning—cont'd

Food	Serving Size	Food	Serving Size
Macadamia	3 nuts	Saturated Fats	
Mixed (50% peanuts)	6 nuts	Bacon, cooked, regular or turkey	1 slice
Peanuts	10 nuts	Butter	
Pecans	4 halves	Reduced-fat	1 Tbsp
Pistachios	16 nuts	Stick	1 tsp
Oil: canola, olive, peanut	1 tsp	Whipped	2 tsp
Olives		Butter blends made with oil	
Black (ripe)	8 large	Reduced-fat or light	1 Tbsp
Green, stuffed	10 large	Regular	1½ tsp
Polyunsaturated Fats		Chitterlings, boiled	2 Tbsp (½ oz)
Margarine: lower-fat spread (30%-50% vegetable oil, <i>trans</i> fat-free)	1 Tbsp	Coconut, sweetened, shredded	2 Tbsp
Margarine: stick, tub (<i>trans</i> fat-free), or squeeze (<i>trans</i> fat-free)	1 tsp	Coconut milk	
Mayonnaise		Light	⅓ cup
Reduced-fat	1 Tbsp	Regular	1½ Tbsp
Regular	1 tsp	Cream	
Mayonnaise-style salad dressing		Half and half	2 Tbsp
Reduced-fat	1 Tbsp	Heavy	1 Tbsp
Regular	2 tsp	Light	1½ Tbsp
Nuts		Whipped	2 Tbsp
Walnuts, English	4 halves	Whipped, pressurized	¼ cup
Pignolia (pine nuts)	1 Tbsp	Cream cheese	
Oil: corn, cottonseed, flaxseed, grape seed, safflower, soybean, sunflower	1 tsp	Reduced-fat	1½ Tbsp (¼ oz)
Oil: made from soybean and canola oil—Enova	1 tsp	Regular	1 Tbsp (½ oz)
Plant stanol esters		Lard	1 tsp
Light	1 Tbsp	Oil: coconut, palm, palm kernel	1 tsp
Regular	2 tsp	Salt pork	¼ oz
Salad dressing		Shortening, solid	1 tsp
Reduced-fat (Note: May be high in carbohydrate) [‡]	2 Tbsp	Sour cream	
Regular [‡]	1 Tbsp	Reduced-fat or light	3 Tbsp
Seeds		Regular	2 Tbsp
Flaxseed, whole	1 Tbsp		
Pumpkin, sunflower	1 Tbsp		
Sesame seeds	1 Tbsp		
Tahini or sesame paste	2 tsp		

[‡]480 milligrams or more of sodium per serving.

Free Foods

A "free" food is any food or drink choice that has less than 20 calories and 5 grams or less of carbohydrate per serving.

Selection Tips

- Most foods on this list should be limited to 3 servings (as listed here) per day. Spread out the servings throughout the day.

Food	Serving Size	Food	Serving Size
Low Carbohydrate Foods		Jam or jelly, light or no sugar added	2 tsp
Cabbage, raw	½ cup	Rhubarb, sweetened with sugar substitute	½ cup
Candy, hard (regular or sugar-free)	1 piece	Salad greens	
Carrots, cauliflower, or green beans, cooked	¼ cup	Sugar substitutes (artificial sweeteners)	
Cranberries, sweetened with sugar substitute	½ cup	Syrup, sugar-free	2 Tbsp
Cucumber, sliced	½ cup	Modified Fat Foods with Carbohydrate	
Gelatin		Cream cheese, fat-free	1 Tbsp (½ oz)
Dessert, sugar-free		Creamers	
Unflavored		Nondairy, liquid	1 Tbsp
Gum		Nondairy, powdered	2 tsp

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If you eat all 3 servings at once, it could raise your blood glucose level.

- Food and drink choices listed here without a serving size can be eaten whenever you like.

APPENDIX 34. Exchange Lists for Meal Planning—cont'd

Food	Serving Size	Food	Serving Size
Margarine spread		Honey mustard	1 Tbsp
Fat-free	1 Tbsp	Horseradish	
Reduced-fat	1 tsp	Lemon juice	
Mayonnaise		Miso	1½ tsp
Fat-free	1 Tbsp	Mustard	
Reduced-fat	1 tsp	Parmesan cheese, freshly grated	1 Tbsp
Mayonnaise-style salad dressing		Pickle relish	1 Tbsp
Fat-free	1 Tbsp	Pickles	
Reduced-fat	1 tsp	Dill [†]	1½ medium
Salad dressing		Sweet, bread and butter	2 slices
Fat-free or low-fat	1 Tbsp	Sweet, gherkin	¼ oz
Fat-free, Italian	2 Tbsp	Salsa	¼ cup
Sour cream, fat-free or reduced-fat	1 Tbsp	Soy sauce, light or regular [†]	1 Tbsp
Whipped topping		Sweet and sour sauce	2 tsp
Light or fat-free	2 Tbsp	Sweet chili sauce	2 tsp
Regular	1 Tbsp	Taco sauce	1 Tbsp
Condiments		Vinegar	
Barbecue sauce	2 tsp	Yogurt, any type	2 Tbsp
Catsup (ketchup)	1 Tbsp		

[†]480 milligrams or more of sodium per serving.

Free Snacks

These foods in these serving sizes are perfect free-food snacks:

- 5 baby carrots and celery sticks
- ¼ cup blueberries
- ½ oz sliced cheese, fat-free
- 10 goldfish-style crackers
- 2 saltine-type crackers
- 1 frozen cream pop, sugar-free
- ½ oz lean meat
- 1 cup light popcorn
- 1 vanilla wafer

Drinks/Mixes

Any food on this list—without a serving size listed—can be consumed in any moderate amount:

- Bouillon, broth, consommé[†]
- Bouillon or broth, low-sodium
- Carbonated or mineral water
- Club soda
- Cocoa powder, unsweetened (1 Tbsp)
- Coffee, unsweetened or with sugar substitute
- Diet soft drinks, sugar-free
- Drink mixes, sugar-free

- Tea, unsweetened or with sugar substitute
- Tonic water, diet
- Water
- Water, flavored, carbohydrate free

Seasonings

Any food on this list can be consumed in any moderate amount:

- Flavoring extracts (for example, vanilla, almond, peppermint)
- Garlic
- Herbs, fresh or dried
- Nonstick cooking spray
- Pimento
- Spices
- Hot pepper sauce
- Wine, used in cooking
- Worcestershire sauce

Combination Foods

Many of the foods you eat are mixed together in various combinations, such as casseroles. These “combination” foods do not fit into any one choice list. This is a list of choices for some typical combination foods. This list will help you fit these foods into your meal plan. Ask your RD for nutrient information about other combination foods you would like to eat, including your own recipes.

Food	Serving Size	Count As
Entrees		
Casserole type (tuna noodle, lasagna, spaghetti with meatballs, chili with beans, macaroni and cheese) [†]	1 cup (8 oz)	2 carbohydrates + 2 medium-fat meats
Stews (beef/other meats and vegetables) [†]	1 cup (8 oz)	1 carbohydrate + 1 medium-fat meat + 0-3 fats
Tuna salad or chicken salad	½ cup (3½ oz)	½ carbohydrate + 2 lean meats + 1 fat
Frozen Meals/Entrees		
Burrito (beef and bean) ^{†*}	1 (5 oz)	3 carbohydrates + 1 lean meat + 2 fats
Dinner-type meal [†]	Generally 14-17 oz	3 carbohydrates + 3 medium-fat meats + 3 fats
Entree or meal with less than 340 calories [†]	About 8-11 oz	2-3 carbohydrates + 1-2 lean meats

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Continued

APPENDIX 34. Exchange Lists for Meal Planning—cont'd

Food	Serving Size	Count As
Pizza		
Cheese/vegetarian, thin crust [†]	¼ of a 12 inch (4½-5 oz)	2 carbohydrates + 2 medium-fat meats
Meat topping, thin crust [†]	¼ of a 12 inch (5 oz)	2 carbohydrates + 2 medium-fat meats + 1½ fats
Pocket sandwich [†]	1 (4½ oz)	3 carbohydrates + 1 lean meat + 1-2 fats
Pot pie [†]	1 (7 oz)	2½ carbohydrates + 1 medium-fat meat + 3 fats
Salads (Deli-Style)		
Coleslaw	½ cup	1 carbohydrate + 1½ fats
Macaroni/pasta salad	½ cup	2 carbohydrates + 3 fats
Potato salad [†]	½ cup	1½-2 carbohydrates + 1-2 fats
Soups		
Bean, lentil, or split pea [†]	1 cup	1 carbohydrate + 1 lean meat
Chowder (made with milk) [†]	1 cup (8 oz)	1 carbohydrate + 1 lean meat + 1½ fats
Cream (made with water) [†]	1 cup (8 oz)	1 carbohydrate + 1 fat
Instant [†]	6 oz prepared	1 carbohydrate
With beans or lentils [†]	8 oz prepared	2½ carbohydrates + 1 lean meat
Miso soup [†]	1 cup	½ carbohydrate + 1 fat
Oriental noodle [†]	1 cup	2 carbohydrates + 2 fats
Rice (congee)	1 cup	1 carbohydrate
Tomato (made with water) [†]	1 cup (8 oz)	1 carbohydrate
Vegetable beef, chicken noodle, or other broth-type [†]	1 cup (8 oz)	1 carbohydrate

*More than 3 grams of dietary fiber per serving.

†600 milligrams or more of sodium per serving (for combination food main dishes/meals).

Fast Foods

The choices in the **Fast Foods** list are not specific fast food meals or items, but are estimates based on popular foods. You can get specific

nutrition information for almost every fast food or restaurant chain. Ask the restaurant or check its website for nutrition information about your favorite fast foods.

Food	Serving Size	Count As
Breakfast Sandwiches		
Egg, cheese, meat, English muffin [†]	1 sandwich	2 carbohydrates + 2 medium-fat meats
Sausage biscuit sandwich [†]	1 sandwich	2 carbohydrates + 2 high-fat meats + 3½ fats
Main Dishes/Entrees		
Burrito (beef and beans) ^{†*}	1 (about 8 oz)	3 carbohydrates + 3 medium-fat meats + 3 fats
Chicken breast, breaded and fried [†]	1 (about 5 oz)	1 carbohydrate + 4 medium-fat meats
Chicken drumstick, breaded and fried	1 (about 2 oz)	2 medium-fat meats
Chicken nuggets [†]	6 (about 3½ oz)	1 carbohydrate + 2 medium-fat meats + 1 fat
Chicken thigh, breaded and fried [†]	1 (about 4 oz)	½ carbohydrate + 3 medium-fat meats + 1½ fats
Chicken wings, hot [†]	6 (5 oz)	5 medium-fat meats + 1½ fats
Oriental		
Beef/chicken/shrimp with vegetables in sauce [†]	1 cup (about 5 oz)	1 carbohydrate + 1 lean meat + 1 fat
Egg roll, meat [†]	1 (about 3 oz)	1 carbohydrate + 1 lean meat + 1 fat
Fried rice, meatless	½ cup	1½ carbohydrates + 1½ fats
Meat and sweet sauce (orange chicken) [†]	1 cup	3 carbohydrates + 3 medium-fat meats + 2 fats
Noodles and vegetables in sauce (chow mein, lo mein) ^{†*}	1 cup	2 carbohydrates + 1 fat
Pizza		
Cheese, pepperoni, regular crust [†]	⅛ of a 14 inch (about 4 oz)	2½ carbohydrates + 1 medium-fat meat + 1½ fats
Cheese/vegetarian, thin crust [†]	¼ of a 12 inch (about 6 oz)	2½ carbohydrates + 2 medium-fat meats + 1½ fats
Sandwiches		
Chicken sandwich, grilled [†]	1	3 carbohydrates + 4 lean meats
Chicken sandwich, crispy [†]	1	3½ carbohydrates + 3 medium-fat meats + 1 fat

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APPENDIX 34. Exchange Lists for Meal Planning—cont'd

Food	Serving Size	Count As
Fish sandwich with tartar sauce	1	2½ carbohydrates + 2 medium-fat meats + 2 fats
Hamburger		
Large with cheese [†]	1	2½ carbohydrates + 4 medium-fat meats + 1 fat
Regular	1	2 carbohydrates + 1 medium-fat meat + 1 fat
Hot dog with bun [†]	1	1 carbohydrate + 1 high-fat meat + 1 fat
Submarine sandwich		
Less than 6 grams fat [‡]	6-inch sub	3 carbohydrates + 2 lean meats
Regular [‡]	6-inch sub	3½ carbohydrates + 2 medium-fat meats + 1 fat
Taco, hard or soft shell (meat and cheese)	1 small	1 carbohydrate + 1 medium-fat meat + 1½ fats
Salads		
Salad, main dish (grilled chicken type, no dressing or croutons) ^{†*}	Salad	1 carbohydrate + 4 lean meats
Salad, side, no dressing or cheese	Small (about 5 oz)	1 vegetable
Sides/Appetizers		
French fries, restaurant style [†]	Small	3 carbohydrates + 3 fats
	Medium	4 carbohydrates + 4 fats
	Large	5 carbohydrates + 6 fats
Nachos with cheese [†]	Small (about 4½ oz)	2½ carbohydrates + 4 fats
Onion rings [†]	1 serving (about 3 oz)	2½ carbohydrates + 3 fats
Desserts		
Milkshake, any flavor	12 oz	6 carbohydrates + 2 fats
Soft-serve ice cream cone	1 small	2½ carbohydrates + 1 fat

*More than 3 grams of dietary fiber per serving.

†Extra fat, or prepared with extra fat.

‡600 milligrams or more of sodium per serving (for fast food main dishes/meals).

Alcohol**Nutrition Tips**

1. In general, 1 alcohol choice (½ oz absolute alcohol) has about 100 calories.

Selection Tips

1. If you choose to drink alcohol, you should limit it to 1 drink or less per day for women, and 2 drinks or less per day for men.
2. To reduce your risk of low blood glucose (hypoglycemia), especially if you take insulin or a diabetes pill that increases insulin, always drink alcohol with food.

3. While alcohol, by itself, does not directly affect blood glucose, be aware of the carbohydrate (for example, in mixed drinks, beer, and wine) that may raise your blood glucose.

4. Check with your RD if you would like to fit alcohol into your meal plan.

Alcoholic Beverage	Serving Size	Count As
Beer		
Light (4.2%)	12 fl oz	1 alcohol equivalent + ½ carbohydrate
Regular (4.9%)	12 fl oz	1 alcohol equivalent + 1 carbohydrate
Distilled spirits: vodka, rum, gin, whiskey 80 or 86 proof	1½ fl oz	1 alcohol equivalent
Liqueur, coffee (53 proof)	1 fl oz	1 alcohol equivalent + 1 carbohydrate
Sake	1 fl oz	½ alcohol equivalent
Wine		
Dessert (sherry)	3½ fl oz	1 alcohol equivalent + 1 carbohydrate
Dry, red or white (10%)	5 fl oz	1 alcohol equivalent

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