

The Diabetic Exchange List

Starches	Fruit and Fruit Juices	Milk and Yogurt	Sweets, Desserts, and Other Carbohydrates	Meats and Meat Substitutes
Breads and Flours Each Serving = 15 g carbohydrate, 3 g protein, 0-1 g fat, 80 calories Bagel 14 (1 oz) Biscuit 1 (2 1/2 inches across) Bread Reduced-calorie White, whole-grain, pumpkin-cel, rye, unfrosted raisin 2 slices (1 1/2 oz) 1 slice (1 oz) Bun (hotdog or hamburger) 1/2 bun (1 oz) Cupcake, small 1 (6 inches across) Cornbread 1 (1 3/4 inch cube or 1 1/2 oz) English muffin 1/2 Flour, corn meal, wheat germ 3 Tbsp dry Naan Indian bread 14 (8 inches by 2 inches) Pancake, 1/4 inch thick 1 (4 inches across) Pita bread 1/2 pocket (6 inches across) Rd, plain, small 1 (1 oz) Stuffing, bread 1/2 cup Taco shell or tostada shell 2 crisp shells (5 inches across) Tortilla Corn or flour, 6 inches across 1 Flour, 10 inches across 1/3 Waffle 1 (4-inch square, or 4 inches across)	Fruit Each Serving = 15 g carbohydrate, 0 g protein, 0 g fat, 60 calories <i>Note: the weights in parenthesis include the peel, skin, rind, and seeds</i> Apple, unpeeled, small 1 (4 oz) Apples, dried 4 rings Applesauce, unswetened 1/2 cup Apricots, fresh 4 whole (5 1/2 oz) Apricot, dried 8 halves Banana 1/2 large or 1 baby banana (4 oz) Blackberries 3/4 cup Blueberries 3/4 cup Cantaloupe 1 cup cubed (11 oz) Cherries Sweet, canned 1/2 cup Sweet, fresh 1/2 (2 oz) Dates 3 Dried fruits 2 Tbsp Figs 2 medium (3 1/2 oz) Fruit cocktail 1/2 cup Grapefruit Large 1/2 (11 oz) Sections, canned 3/4 cup Sweet, small 1/3 (3 oz) Honeydew 1 slice or 1 cup cubed (10 oz) Kiwi 1 (2 1/2 oz) Mandarin oranges, canned 3/4 cup Mango 1/2 cup or 1/2 small (5 1/2 oz) Nectarine, small 1 (5 oz) Orange, small 1 (6 1/2 oz) Papaya 1 cup cubed (8 oz) Peach Canned 1/2 cup Fresh, medium 1 (6 oz) Pear Canned 1/2 cup Fresh, large 1/2 (4 oz) Pineapple Canned 1/2 cup Fresh 3/4 cup	Fat-free (skim) and Low-fat (1%) Selections (Best choice) Each Serving = 15 g carbohydrate, 8 protein, 0-3 g fat, 100 calories Fat-free and low-fat buttermilk 1 cup Fat-free milk 1 cup Low-fat, 1% milk 1 cup Evaporated fat-free milk 1/2 cup Fat-free dry milk powder 1/3 cup dry Yogurt Fat-free, flavored with artificial sweetener 2/3 cup (6 oz) Plain, fat-free 2/3 cup (6 oz) Reduced-Fat Selections Each Serving = 15 g carbohydrate, 6 g protein, 5 g fat, 120 calories Milk, 2% 1 cup Kefir 1 cup Yogurt, plain low-fat 2/3 cup (6 oz) Sweet acidophilus milk 1 cup Whole Milk Selections (Limit use - high in saturated fat) Each Serving = 15 g carbohydrate, 8 g protein, 6 g fat, 160 calories Milk, whole 1 cup Evaporated whole milk 1/2 cup Yogurt, plain (made from whole milk) 8 oz Goat's milk 1 cup Dairy-like Foods Food composition varies - See right-hand column Chocolate milk Fat-free 1 cup Whole 1 cup Eggnog, whole milk 1/2 cup Rice milk Flavored, low-fat 1 cup Plain, fat-free 1 cup Smoothies, flavored 10 oz Soy milk Light 1 cup Regular, plain 1 cup And juice blends 1 cup Low carbohydrate 2/3 cup (6 oz) Yogurt And juice blends 1 cup Low carbohydrate 2/3 cup (6 oz)	Beverages, Soda, Energy and Sports Drinks See right-hand column for composition of each food item Cranberry juice cocktail 1/2 cup 15 g carb Energy drink 1 can (8.3 oz) 30 g carb Fruit drink or lemonade 1 cup (8 oz) 30 g carb Hot chocolate Regular 1 envelope 22 g carb, 5 g fat (added to 8 oz water) Sugar-free or light 1 envelope 15 g carb (added to 8 oz water) Soft drink (soda), regular 1 can (12 oz) 38 g carb Sports drink 1 cup (8 oz) 15 g carb Brownies, Cake, Cookies, Gelatin, Pie, and Pudding See right-hand column for composition of each food item Brownie, small, unfrosted 1 1/4 inch square, 7/8 inch high (1 oz) 15 g carb, 5 g fat Cake Angel food, unfrosted 1 1/2 of cake (2 oz) 30 g carb Frosted 2 inch square (2 oz) 30 g carb, 5 g fat Unfrosted 2 inch square (2 oz) 15 g carb, 5 g fat Cookie Chocolate chip 2 small (2 1/4 inches) 15 g carb, 10 g fat Ginger snap 3 cookies 15 g carb Sandwich with cream filling 2 small (2/3 oz) 15 g carb, 5 g fat Sugar-free 3 small (3/4-1 oz) 15 g carb, 5-10 g fat Vanilla wafer 5 cookies 15 g carb, 5 g fat Cupcake, frosted 1 small (1 3/4 oz) 15 g carb, 5-8 g fat Fruit cobbler 1/2 cup (3 1/2 oz) 45 g carb, 5 g fat Gelatin, regular 1/2 cup 15 g carb Pie Fruit, 2 crusts 1/6 of 8 inch pie 45 g carb, 10 g fat Pumpkin or custard 1/6 of 8 inch pie 22 g carb, 8 g fat Pudding Regular (made with reduced-fat milk) 1/2 cup 30 g carb Sugar free (made with fat-free milk) 1/2 cup 15 g carb Candy, Spreads, Sweets, Sweeteners, Syrups, and Toppings See right-hand column for composition of each food item Candy bar, chocolate and peanuts 2 "fun size" bars (1 oz) 22 g carb, 8 g fat Candy, hard 3 pieces 15 g carb Chocolate "kisses" 5 pieces 15 g carb, 5 g fat Coffee creamer Dry, flavored 4 tsp 8 g carb, 3 g fat Liquid, flavored 2 Tbsp 15 g carb Fruit snacks, chewy 1 roll (3/4 oz) 15 g carb Fruit spread, 100% fruit 1 1/2 Tbsp 15 g carb Honey 1 Tbsp 15 g carb Jam or jelly, regular 1 Tbsp 15 g carb Sugar 1 Tbsp 15 g carb Syrup Chocolate 2 Tbsp 30 g carb Light (pancake type) 2 Tbsp 15 g carb Regular (pancake type) 1 Tbsp 15 g carb Condiments and Sauces See right-hand column for composition of each food item Barbecue sauce 3 Tbsp 15 g carb Cranberry sauce, jellied 1/4 cup 22 g carb Mayonnaise or bottled 1/2 cup 8 g carb, 3 g fat Salad dressing, fat-free 3 Tbsp 15 g carb Sweet and sour sauce 3 Tbsp 15 g carb Doughnuts, Muffins, Pastries, and Sweet Breads See right-hand column for composition of each food item Banana nut bread 1-inch wide slice (1 oz) 30 g carb, 5 g fat Doughnut Cake, plain 1 medium (1 1/2 oz) 22 g carb, 10 g fat Yeast-type, glazed 3 3/4 inches (2 oz) 30 g carb, 10 g fat Muffin 1 1/4 muffin (1 oz) 15 g carb, 3 g fat Sweet roll or Danish 1 (2 1/2 oz) 38 g carb, 10 g fat Frozen Bars, Frozen Desserts, Frozen Yogurt, and Ice Cream See right-hand column for composition of each food item Frozen pops 1 8 g carb Fruit juice bars, frozen, 100% juice 1 bar (3 oz) 15 g carb Frozen yogurt Fat-free 1/3 cup 15 g carb Regular 1/2 cup 15 g carb, 0-5 g fat Ice cream Fat-free 1/2 cup 22 g carb Light 1/2 cup 15 g carb, 5 g fat No sugar added 1/2 cup 15 g carb, 5 g fat Regular 1/2 cup 15 g carb, 10 g fat Sherbet, softbet 1/2 cup 30 g carb Granola Bars, Meal Replacement Bars or Shakes, and Trail Mix See right-hand column for composition of each food item Granola or snack bar 1 bar (1 oz) 22 g carb, 0-5 g fat Meal replacement bar 1 bar (2 oz) 30 g carb, 5 g fat Meal replacement shake, reduced calorie 1 can (10-11 oz) 22 g carb, 0-5 g fat Trail mix Candy and nut-based 1 oz 15 g carb, 10 g fat Dried fruit-based 1 oz 15 g carb, 5 g fat	Lean Selections (Good Choice) Each Serving = 6 g carbohydrate, 7 g protein, 0-3 g fat, 45 calories Beef (Select or Choice grades): ground round, roast 1 oz (chunk, rib, rump), sirloin, steak (flank, porterhouse, "loose" tenderloin) Beef jerky 1 oz Cheeses (0-3 g fat per oz) 1 oz Cottage cheese 1/4 cup Egg substitute, plain 1/4 cup Egg whites 2 Fish: catfish, cod, flounder, haddock, halibut, orange roughy, salmon, tilapia, trout, tuna Fish, smoked: herring or salmon (lox) 1 oz Game: buffalo, ostrich, rabbit, venison 1 oz Hot dog with 0-3 g fat per oz 1 Lamb chop, leg, roast 1 oz Organ meats: heart, kidney, liver (high cholesterol) 1 oz Oysters, fresh or frozen 6 medium Pork, lean: ham, pork tenderloin, Canadian bacon, 1 oz Rib on chop 1 Poultry, skinless: Cornish hen, chicken, domestic duck or goose (well-drained of fat, turkey) Processed sandwich meats with 0-3 g fat per oz: 1 oz chopped beef, deli thin-sliced meats, turkey ham, turkey, kielbasa, turkey pastami Salmon, canned 2 medium Sardines, canned 2 medium Sausage with 0-3 g fat per oz 1 oz Shellfish: clams, crab, imitation beef/liver, scallops 1 oz Shrimp and squid (high cholesterol) 1 oz Tuna, canned in water or oil, drained 1 oz Veal, lean chop, roast 1 oz Medium Fat Selections Each Serving = 6 g carbohydrate, 7 g protein, 4-7 g fat, 75 calories Cheese, reduced-fat cheddars 1 oz (4-7 g fat per oz) Ricotta cheese 1/4 cup, 2 oz Mozzarella 1 oz Feta cheese 1 oz Beef: corned beef, ground beef, meatloaf, 1 oz Prime grades trimmed of fat (prime rib), short ribs, tongue Egg (high cholesterol) 1 Fish, fried 1 oz Lamb: ground, rib roast 1 oz Pork: outlet, shoulder roast 1 oz Poultry: chicken with skin, dove, pheasant, wild duck, wild goose, fried chicken, ground turkey Ricotta cheese 1/4 cup, 2 oz Sausage, 4-7 grams of fat per oz 1 oz Veal, outlet (no breading) 1 oz High Fat Selections (Limit use) Each Serving = 6 g carbohydrate, 7 g protein, 8 or more g fat, 100 calories Bacon 2 slices (1 oz each before cooking) Pork 3 slices (1/2 oz each before cooking) Turkey Cheese, regular: American, blue, brie, cheddar, Colby, hard goat, Monterey jack, queso, Swiss Hot dog: beef, pork, turkey, chicken or combination 1 (10 per pound sized package) Pork: ground, sausage, spareribs 1 oz Processed meats with 8 or more g fat per oz: 1 oz bologna, pastrami, hard salami Sausage with 8 or more g fat or more per oz: 1 oz bratwurst, chorizo, Italian, knockwurst, Polish, smoked, summer Medium Fat Selections Each Serving = 6 g carbohydrate, 7 g protein, 4-7 g fat, 75 calories Cheese, reduced-fat cheddars 1 oz (4-7 g fat per oz) Ricotta cheese 1/4 cup, 2 oz Mozzarella 1 oz Feta cheese 1 oz Beef: corned beef, ground beef, meatloaf, 1 oz Prime grades trimmed of fat (prime rib), short ribs, tongue Egg (high cholesterol) 1 Fish, fried 1 oz Lamb: ground, rib roast 1 oz No sugar added 1/2 cup 15 g carb, 5 g fat Poultry: chicken with skin, dove, pheasant, wild duck, wild goose, fried chicken, ground turkey Ricotta cheese 1/4 cup, 2 oz Sausage, 4-7 grams of fat per oz 1 oz Veal, outlet (no breading) 1 oz High Fat Selections (Limit use) Each Serving = 6 g carbohydrate, 7 g protein, 8 or more g fat, 100 calories Bacon 2 slices (1 oz each before cooking) Pork 3 slices (1/2 oz each before cooking) Turkey Cheese, regular: American, blue, brie, cheddar, Colby, hard goat, Monterey jack, queso, Swiss Hot dog: beef, pork, turkey, chicken or combination 1 (10 per pound sized package) Pork: ground, sausage, spareribs 1 oz Processed meats with 8 or more g fat per oz: 1 oz bologna, pastrami, hard salami Sausage with 8 or more g fat or more per oz: 1 oz bratwurst, chorizo, Italian, knockwurst, Polish, smoked, summer Plant-Based Proteins See right-hand column for composition of each food item "Beanitos" strips, soy-based 3 strips 7 g protein, 4-7 g fat Baked beans 1/3 cup 15 g carb, 7 g protein, 0-3 g fat Beans, cooked: black, garbanzo, kidney, lima, navy, pinto, white 1/2 cup 15 g carb, 7 g protein, 0-3 g fat "Beef" or "sausage" crumbles, 2 oz 8 g carb, 7 g protein, 0-3 g fat soy-based "Chicken" nuggets, soy-based 2 nuggets (1 1/2 oz) 8 g carb, 7 g protein, 4-7 g fat Edamame 1/2 cup 8 g carb, 7 g protein, 0-3 g fat Falafel (spiced chickpeas and wheat patties) 3 patties 15 g carb, 7 g protein, 8 g fat (2 inches across) Hot dog, soy-based 1 (1 1/2 oz) 8 g carb, 7 g protein, 0-3 g fat Hummus 1/3 cup 15 g carb, 7 g protein, 8 g fat Lentils, brown, green, or yellow 1/2 cup 15 g carb, 7 g protein, 0-3 g fat Mealitos burger, soy-based 3 oz 8 g carb, 14 g protein, 0-3 g fat Nut spreads: almond butter, 1 Tbsp 7 g protein, 8 or more g fat cashew butter, peanut butter, soy nut butter Peas, cooked 1/2 cup 15 g carb, 7 g protein, 0-3 g fat Black-eyed and split peas 1/2 cup 15 g carb, 7 g protein, 0-3 g fat Refined beans, canned 1/2 cup 15 g carb, 7 g protein, 0-3 g fat "Sausage" patties, soy-based 1 (1 1/2 oz) 7 g protein, 4-7 g fat Soy nuts, unsalted 3/4 oz 8 g carb, 7 g protein, 4-7 g fat Tempeh 1/4 cup 7 g protein, 4-7 g fat Tofu 4 oz (1/2 cup) 7 g protein, 4-7 g fat Tofu, light 4 oz (1/2 cup) 7 g protein, 0-3 g fat