

Choose Your Foods: Exchange Lists for Diabetes*

HOW THIS EXCHANGE LIST WORKS WITH MEAL PLANNING

This exchange list contains three main groups of food based on the macronutrients: carbohydrates, protein, and fat. Each food list contains foods grouped together by similar nutrient content and serving sizes. Each serving of a food has approximately the same amount of macronutrients 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 g carbohydrate per serving.
- Foods on the **Fats** 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 includes foods such as potatoes, corn, and peas) contain 15 g carbohydrate per serving.

- Foods on the **Nonstarchy Vegetables** list (e.g., green beans, tomatoes, and carrots) contain 5 g 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**.

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FOOD LISTS

The following chart shows the amount of nutrients in one serving from each list.

FOOD LIST	CARBOHYDRATE (g)	PROTEIN (g)	FAT (g)	CALORIES (g)
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	130
Whole	12	8	8	150
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, and snacks; starchy vegetables; and cooked beans, peas, and lentils are starches. In general, one starch is equivalent to the following:

- ½ cup of cooked cereal, grain, or starchy vegetable
- ½ cup of cooked rice or pasta
- 1 oz of a bread product, such as 1 slice of bread
- ¾ oz to 1 oz of most snack foods (some snack foods also may have extra fat)

Bread

FOOD	SERVING SIZE
Bagel, large (approx. 4 oz)	¼ (1 oz)
Biscuit, 2½ inches across •	1
Bread •	
Reduced calorie	2 slices (1½ oz)
White, whole grain, pumpernickel, rye, unfrosted raisin	1 slice (1 oz)
Chapatti, small, 6 inches across	1
Cornbread, 1¾-inch cube •	1 (1½ oz)
English muffin	½
Hot dog bun or hamburger bun	½ (1 oz)
Naan, 8 inches by 2 inches	¼
Pancake, 4 inches across, ¼-inch thick	1
Pita, 6 inches across	½
Roll, plain, small	1 (1oz)
Stuffing, bread •	½ cup
Taco shell, 5 inches across •	2
Tortilla, corn, 6 inches across	1
Tortilla, flour, 6 inches across	1
Tortilla, flour, 10 inches across	½ tortilla
Waffle, 4-inch square or 4 inches across •	1

• More than 3 g dietary fiber per serving; • Extra fat or prepared with added fat (add an extra fat choice); • ≥480 mg or more of sodium per serving. For foods listed as a main dish or meal on the **Combination Foods** and **Fast Foods** lists only, the • represents more than 600 mg.

Cereals and Grains

FOOD	SERVING SIZE
Barley, cooked	½ cup
Bran, dry	
Oat •	¼ cup
Wheat •	½ cup
Bulgur (cooked) •	½ cup
Cereals	
Bran •	½ cup
Cooked (oats, oatmeal)	1½ cup
Puffed	½ cup
Shredded Wheat, plain	
Sugar coated	½ cup

Unsweetened, ready to eat	¾ cup
Couscous	½ cup
Granola	
Low fat	¼ cup
Regular •	¼ cup
Grits, cooked	½ cup
Kasha	½ cup
Millet, cooked	½ cup
Muesli	¼ cup
Pasta, cooked	½ cup
Polenta, cooked	½ cup
Quinoa, cooked	½ cup
Rice, white or brown, cooked	½ cup
Tabbouleh (tabouli), prepared	½ cup
Wheat germ, dry	3 Tbsp
Wild rice, cooked	½ cup

Tip: An open handful is equal to approximately 1 cup or 1 to 2 oz of snack food.

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Starchy Vegetables

FOOD	SERVING SIZE
Cassava	½ cup
Corn	½ cup
On cob, large	½ cob (5 oz)
Hominy, canned •	¾ cup
Mixed vegetables with corn, peas, or pasta •	1 cup
Parsnips •	½ cup
Peas, green •	½ cup
Plantain, ripe	½ cup
Potato	
Baked with skin	¼ large (3 oz)
Boiled, all kinds	½ cup or ½ medium (3 oz)
Mashed, with milk and fat •	½ cup
French fried (oven baked)	1 cup (2 oz)
Pumpkin, canned, no sugar added •	1 cup
Spaghetti or pasta sauce	½ cup
Squash, winter (acorn, butternut) •	1 cup
Succotash •	½ cup
Yam, sweet potato, plain	½ cup

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Crackers and Snacks

FOOD	SERVING SIZE
Animal crackers	8
Crackers	
Round butter ●	6
Saltine	6
Sandwich, cheese or peanut butter filling ●	3
Whole-wheat regular ●	2-5 (¾ oz)
Whole-wheat lower fat or crispbreads ●	2-5 (¾ oz)
Graham cracker, 2½-inch square	3
Matzoh	¾ oz
Melba toast, approximately 2-inch by 4-inch piece	4 pieces
Oyster crackers	20
Popcorn (microwave popped)	
With butter ● ●	3 cups
No fat added ●	3 cups
Lower fat ●	3 cups
Pretzels	¾ oz
Rice cakes, 4 inches across	2
Snack chips	
Fat free or baked (tortilla, potato), baked pita chips	15-20 (¾ oz)
Regular (tortilla, potato) ●	9-13 (¾ oz)

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Beans, Peas, and Lentils

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

FOOD	SERVING SIZE
Baked beans ●	½ cup
Beans, cooked (black, garbanzo, kidney, lima, navy, pinto, white) ●	½ cup
Lentils, cooked (brown, green, yellow) ●	½ cup
Peas, cooked (black-eyed, split) ●	½ cup
Refried beans, canned ● ●	½ cup

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FRUITS

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

- ½ cup of canned or fresh fruit or unsweetened fruit juice
- 1 small fresh fruit (4 oz)
- 2 Tbsp of dried fruit

Fruit

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

FOOD	SERVING SIZE
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	⅓ 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
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)

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Fruit Juice

FOOD	SERVING SIZE
Apple juice or cider	½ cup
Fruit juice blends, 100% juice	½ cup
Grape juice	½ cup
Grapefruit juice	½ cup
Orange juice	½ cup
Pineapple juice	½ cup
Prune juice	½ cup

Milk and Yogurts

FOOD	SERVING SIZE	COUNT AS
Fat free or low fat (1%)		
Milk, buttermilk, acidophilus milk, Lactaid	1 cup	1 fat-free milk
Evaporated milk	½ cup	1 fat-free milk
Yogurt, plain or flavored with an artificial sweetener	⅔ cup (6 oz)	1 fat-free milk
Reduced fat (2%)		
Milk, acidophilus milk, kefir, Lactaid	1 cup	1 reduced-fat milk
Yogurt, plain	⅔ cup (6 oz)	1 reduced-fat milk
Whole		
Milk, buttermilk, goat's milk	1 cup	1 whole milk
Evaporated milk	½ cup	1 whole milk
Yogurt, plain	8 oz	1 whole milk

Dairy-Like Foods

FOOD	SERVING SIZE	COUNT AS
Chocolate milk		
Fat free	1 cup	1 fat-free milk + 1 carbohydrate
Whole	1 cup	1 whole milk + 1 carbohydrate
Eggnog, whole milk	½ 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 + 2½ carbohydrates
Soy milk		
Light	1 cup	1 carbohydrate + ½ fat
Regular, plain	1 cup	1 carbohydrate + 1 fat
Yogurt		

MILK

Different types of milk and milk products are on this list. However, two 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 three categories (fat free or low fat, reduced fat, or whole) based on the amount of fat they have. The following chart shows what 1 milk choice contains:

	CARBOHY- DRATE (g)	PROTEIN (g)	FAT (g)	CALORIES
Fat free (skim), low fat (1%)	12	8	0-3	100
Reduced fat (2%)	12	8	5	130
Whole	12	8	8	150

And juice blends	1 cup	1 fat-free milk + 1 carbohydrate
Low carbohydrate (<6 g 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.

Beverages, Soda, and Energy or Sports Drinks

FOOD	SERVING SIZE	COUNT AS
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

Brownies, Cake, Cookies, Gelatin, Pie, and Pudding

FOOD	SERVING SIZE	COUNT AS
Brownie, small, unfrosted	$1\frac{1}{4}$ -inch square, $\frac{7}{8}$ inch high (approx. 1 oz)	1 carbohydrate + 1 fat
Cake		
Angel food, unfrosted	$\frac{1}{2}$ of cake (approx. 1 oz)	2 carbohydrates
Frosted	2-inch square (approx. 2 oz)	2 carbohydrates + 1 fat
Unfrosted	2-inch square (approx. 2 oz)	1 carbohydrate + 1 fat
Cookies		
Chocolate chip	2 cookies ($2\frac{1}{4}$ inches across)	1 carbohydrate + 2 fats
Gingersnap	3 cookies	1 carbohydrate
Sandwich, with crème filling	2 small (approx. $\frac{2}{3}$ oz)	1 carbohydrate + 1 fat
Sugar free	3 small or 1 large ($\frac{3}{4}$ -1 oz)	1 carbohydrate + 1-2 fats
Vanilla wafer	5 cookies	1 carbohydrate + 1 fat
Cupcake, frosted	1 small (approx. $1\frac{3}{4}$ oz)	2 carbohydrates + $1\frac{1}{2}$ fats
Fruit cobbler	$\frac{1}{2}$ cup ($3\frac{1}{2}$ oz)	3 carbohydrates + 1 fat
Gelatin, regular	$\frac{1}{2}$ cup	1 carbohydrate
Pie		
Commercially prepared fruit, two crusts	$\frac{1}{8}$ of 8-inch pie	3 carbohydrates + 2 fats
Pumpkin or custard	$\frac{1}{8}$ of 8-inch pie	$1\frac{1}{2}$ carbohydrates + $1\frac{1}{2}$ fats
Pudding		
Regular (made with reduced-fat milk)	$\frac{1}{2}$ cup	2 carbohydrates
Sugar free or sugar and fat free (made with fat-free milk)	$\frac{1}{2}$ cup	1 carbohydrate

Candy, Spreads, Sweets, Sweeteners, Syrups, and Toppings

FOOD	SERVING SIZE	COUNT AS
Candy bar, chocolate/peanut	2 mini bars (1 oz)	$1\frac{1}{2}$ carbohydrates + $1\frac{1}{2}$ fats
Candy, hard	3 pieces	1 carbohydrate
Chocolate "kisses"	5 pieces	1 carbohydrate + 1 fat

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Coffee creamer		
Dry, flavored	4 tsp	½ carbohydrate + ½ fat
Liquid, flavored	2 Tbsp	1 carbohydrate
Fruit snacks, chewy (pureed fruit concentrate)	1 roll (¾ 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

FOOD	SERVING SIZE	COUNT AS
Barbeque sauce	3 Tbsp	1 carbohydrate
Cranberry sauce, jellied	¼ cup	1½ carbohydrate
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

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Doughnuts, Muffins, Pastries, and Sweet Breads

FOOD	SERVING SIZE	COUNT AS
Banana nut bread	1-inch slice (1 oz)	2 carbohydrates + 1 fat
Doughnut		
Cake, plain	1 medium (1½ oz)	1½ carbohydrates + 2 fats
Glazed	3¾-inch diameter (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 carbohydrate + ½ fat

Frozen Bars, Frozen Desserts, Frozen Yogurt, and Ice Cream

FOOD	SERVING SIZE	COUNT AS
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	½ cup	1 carbohydrate
Regular	½ cup	1 carbohydrate + 0-1 fat

Granola Bars, Meal Replacement Bars and Shakes, and Trail Mix

FOOD	SERVING SIZE	COUNT AS
Granola or snack bar, regular or low fat	1 bar (1 oz)	1½ carbohydrates
Meal replacement bar, small	1 bar (1½ oz)	1½ carbohydrates + 0-1 fat
Meal replacement bar, large	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 or nut based	1 oz	1 carbohydrate + 2 fats
Dried fruit based	1 oz	1 carbohydrate + 1 fat

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 cooked vegetables or vegetable juice
- 1 cup 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.

Nonstarchy Vegetables

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

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MEAT AND MEAT SUBSTITUTES

Meat and meat substitutes are rich in protein. Foods from this list are divided into four 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 what one choice includes.

	CARBOHYDRATE (g)	PROTEIN (g)	FAT (g)	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

Lean Meats and Meat Substitutes

FOOD	AMOUNT
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 •	½ oz
Cheeses with 3 g fat 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 g fat per oz • (8 dogs per 14-oz package) (Note: May be high in carbohydrate)	1
Lamb: chop, leg, roast	1 oz
Organ meats: heart, kidney, liver (Note: May be high in cholesterol)	1 oz
Oysters, fresh or frozen	6 medium
Pork, lean	
Canadian bacon •	1 oz
Rib or loin chop or 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 g 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 small
Sausage with ≤3 g fat 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

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Medium-Fat Meat and Meat Substitutes

FOOD	AMOUNT
Beef: corned beef, ground beef, meatloaf, prime grades trimmed of fat (prime rib), short ribs, tongue	1 oz
Cheeses with 4-7 g fat per oz: feta, mozzarella, pasteurized processed cheese spread, reduced-fat cheeses, string	1 oz
Egg (Note: High in cholesterol, limit to 3 per week)	1
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 g fat per oz •	1 oz
Veal, cutlet (no breading)	1 oz

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High-Fat Meat and Meat Substitutes

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

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, Swiss	1 oz
Hot dog: beef, pork, or combination (10 per 1-lb package) ●	1
Hot dog: turkey or chicken (10 per 1-lb package) ●	1
Pork: ground, sausage, spareribs	1 oz
Processed sandwich meals with ≥8 g fat or more per oz: bologna, pastrami, hard salami	1 oz
Sausage with ≥8 g fat per oz: bratwurst, chorizo, Italian, knockwurst, Polish, smoked, summer ●	1 oz

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Plant-Based Proteins

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

FOOD	AMOUNT	COUNT AS
“Bacon” strips, soy based	3 strips	1 medium-fat meat
Baked beans ●	½ cup	1 starch + 1 lean meat
Beans, cooked: black, garbanzo, kidney, lima, navy, pinto, white ●	½ cup	1 starch + 1 lean meat
“Beef” or “sausage” crumbles, soy based ●	2 oz	½ carbohydrate + 1 lean meat
“Chicken” nuggets, soy based	2 nuggets (1½ oz)	½ carbohydrate + 1 medium-fat meat
Edamame ●	½ cup	½ carbohydrate + 1 lean meat
Falafel (spiced chickpea and wheat patties)	3 patties (2-in diameter)	1 carbohydrate + 1 high-fat meat
Hot dog, soy based	1 (1½ cup)	½ carbohydrate + 1 lean meat
Hummus ●	½ cup	1 carbohydrate + 1 high-fat meat
Lentils, brown, green, yellow ●	½ cup	1 carbohydrate + 1 lean meat
Vegetarian burger, soy based ●	3 oz	½ carbohydrate + 2 lean meats
Vegetarian burger, 1 patty, vegetable and starch based ●	(approx. 2½ oz)	1 carbohydrate + 2 lean meats
Nut spreads: almond, cashew, peanut, soy nut	1 Tbsp	1 high-fat meat
Peas, cooked: black-eyed and split ●	½ cup	1 carbohydrate + 1 lean meat
Refried beans, canned ●	½ cup	1 starch + 1 lean meat
“Sausage” patties, soy based	1 (1½ oz)	1 medium-fat meat
Soy nuts, unsalted	¾ oz	½ carbohydrate + 1 medium-fat meat
Tempeh	¼ cup	1 medium-fat meat
Tofu	4 oz (½ oz)	1 medium-fat meat
Tofu, light	4 oz (½ oz)	1 lean meat

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FATS

Unsaturated Fats: Monounsaturated Fats

FOOD	SERVING SIZE
Avocado, medium	2 Tbsp (1 oz)
Nut butters (trans fat free): almond, cashew, peanut (smooth or crunchy)	1½ tsp
Nuts	
Almonds	6 nuts
Brazil	2 nuts
Cashews	6 nuts
Filberts (hazelnuts)	5 nuts
Macadamia	3 nuts
Mixed (50% peanut)	6 nuts
Peanuts	10 nuts
Pecans	4 halves
Pistachios	16 nuts
Oil: canola, olive, peanut	1 tsp
Olives	
Black (ripe)	8 large
Green, stuffed	10 large

Unsaturated Fats: Polyunsaturated Fats

FOOD	SERVING SIZE
Margarine: lower fat spread (30%-50% vegetable oil, trans fat free)	1 Tbsp
Margarine: stick, tub (trans fat free), or squeeze (trans fat free)	1 tsp
Mayonnaise	
Reduced fat	1 Tbsp
Regular	1 tsp
Mayonnaise-style salad dressing	
Reduced fat	1 Tbsp
Regular	2 tsp
Nuts	
Walnuts, English	4 halves
Pignoli (pine nuts)	1 Tbsp
Oil: corn, cottonseed, flaxseed, grape-seed, safflower, soybean, sunflower	1 tsp
Oil made from soybean and canola oil (e.g., Enova)	1 tsp
Plant stanol esters	
Light	1 Tbsp
Regular	2 tsp
Salad dressing	
Reduced fat (Note: May be high in carbohydrate) ●	2 Tbsp
Regular ●	1 Tbsp
Seeds	
Flaxseed, whole	1 Tbsp

Pumpkin, sunflower	1 Tbsp
Sesame seeds	1 Tbsp
Tahini or sesame paste	2 tsp

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Saturated Fats

FOOD	SERVING SIZE
Bacon, cooked, regular, or turkey	1 slice
Butter	
Reduced fat	1 Tbsp
Stick	1 tsp
Whipped	2 tsp
Butter blends made with oil	
Reduced fat or light	1 Tbsp
Regular	1½ tsp
Chitterlings, boiled	2 Tbsp (½ oz)
Coconut, sweetened, shredded	2 Tbsp
Coconut milk	
Light	⅓ cup
Regular	1½ Tbsp
Cream	
Half and half	2 Tbsp
Heavy	1 Tbsp
Light	1½ Tbsp
Whipped	1 Tbsp
Whipped, pressurized	2 Tbsp
Cream cheese	
Reduced fat	1½ Tbsp (¾ oz)
Regular	1 Tbsp (½ oz)
Lard	1 tsp
Oil: coconut, palm, palm kernel	1 tsp
Salt pork	¼ oz
Shortening, solid	1 tsp
Sour cream	
Reduced fat or light	3 Tbsp
Regular	2 Tbsp

Similar Foods in Other Lists

- Bacon and peanut butter, when used in smaller amounts, are counted as fat choices (see the **Fats** list). When used in larger amounts, they are counted as high-fat meat choices (see the **Meat and Meat Substitutes** list).
- Fat-free salad dressings are on the **Sweets, Desserts, and Other Carbohydrates** list.
- Look for whipped topping and fat-free products, such as margarines, salad dressings, mayonnaise,

sour cream, and cream cheese, on the **Free Foods** list.

FREE FOODS

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

Low-Carbohydrate Foods

FOOD	SERVING SIZE
Cabbage, raw	½ cup
Candy, hard (regular or sugar free)	1 piece
Carrots, cauliflower, or green beans, cooked	¼ cup
Cranberries, sweetened with sugar substitute	½ cup
Cucumber, sliced	½ cup
Gelatin	
Dessert, sugar free	
Unflavored	
Gum	
Jam or jelly, light or no sugar added	2 tsp
Rhubarb, sweetened with sugar substitute	½ cup
Salad greens	
Sugar substitutes (artificial sweeteners)	
Syrup, sugar free	2 Tbsp

Modified Fat Foods with Carbohydrate

FOOD	SERVING SIZE
Cream cheese, fat free	1 Tbsp (½ oz)
Creamers	
Nondairy, liquid	1 Tbsp
Nondairy, powdered	2 tsp
Margarine spread	
Fat free	1 Tbsp
Reduced fat	1 tsp
Mayonnaise-style salad dressing	
Fat free	1 Tbsp
Reduced fat	1 tsp
Salad dressing	
Fat free or low fat	1 Tbsp
Fat free, Italian	2 Tbsp
Sour cream, fat free or reduced fat	1 Tbsp
Whipped topping	
Light or fat free	2 Tbsp
Regular	1 Tbsp

Condiments

FOOD	SERVING SIZE
Barbecue sauce	2 tsp
Catsup (ketchup)	1 Tbsp
Honey mustard	1 Tbsp
Horseradish	
Lemon juice	
Miso	1½ tsp
Mustard	
Parmesan cheese, freshly grated	1 Tbsp
Pickle relish	1 Tbsp
Pickles	
Dill ●	1½ medium
Sweet, bread and butter	2 slices
Sweet, gherkin	¾ oz
Salsa	¼ cup
Soy sauce, light or regular ●	1 Tbsp
Sweet and sour sauce	2 tsp
Sweet chili sauce	2 tsp
Taco sauce	1 Tbsp
Vinegar	
Yogurt, any type	2 Tbsp

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Free Snacks

The following foods in these serving sizes are 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
- 2 vanilla wafers

Drinks and 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

- Nonstick cooking spray
- Pimentos
- Spices
- Hot pepper sauce
- Wine, used in cooking
- Worcestershire sauce

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Seasonings

Any food on this list can be consumed in moderate amount.

- Flavoring extracts (for example, vanilla, almond, peppermint)
- Garlic
- Herbs, fresh or dried

Entrees

FOOD	SERVING SIZE	COUNT AS
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 or other meat 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

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Frozen Meals and Entrees

FOOD	SERVING SIZE	COUNT AS
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 ●	Approx. 8-11 oz	2-3 carbohydrates + 1-2 lean meats
Pizza		
Cheese or vegetarian, thin crust ●	¼ of a 12-inch pie (4½-5 oz)	2 carbohydrates + 2 medium-fat meats
Meat topping, thin crust ●	¼ of a 12-inch pie (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

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Salads (Deli Style)

FOOD	SERVING SIZE	COUNT AS
Coleslaw	½ cup	1 carbohydrate + 1½ fats
Macaroni or pasta salad	½ cup	2 carbohydrates + 3 fats
Potato salad ●	½ cup	1½-2 carbohydrates + 1-2 fats

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.

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Soups

FOOD	SERVING SIZE	COUNT AS
Bean, lentil, 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
Instant, 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

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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 Web site for nutrition information about your favorite fast foods.

Breakfast Sandwiches

FOOD	SERVING SIZE	COUNT AS
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

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Main Dishes and Entrees

FOOD	SERVING SIZE	COUNT AS
Burrito (beef and beans) ● ●	1 (approx. 8 oz)	3 carbohydrates + 3 medium-fat meats + 3 fats
Chicken breast, breaded and fried ●	1 (approx. 5 oz)	1 carbohydrate + 4 medium-fat meats
Chicken drumstick, breaded and fried	1 (approx. 2 oz)	2 medium-fat meats
Chicken nuggets ●	6 (approx. 3½ oz)	1 carbohydrate + 2 medium-fat meats + 1 fat
Chicken thigh, breaded and fried ●	1 (approx. 4 oz)	½ carbohydrate + 3 medium-fat meats + 1½ fats
Chicken wings, hot ●	6 (5 oz)	5 medium-fat meats + 1½ fats

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Asian

FOOD	SERVING SIZE	COUNT AS
Beef, chicken, or shrimp with vegetables in sauce ●	1 cup (approx. 5 oz)	1 carbohydrate + 1 lean meat + 1 fat
Egg roll, meat ●	1 (approx. 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

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Pizza

FOOD	SERVING SIZE	COUNT AS
Cheese, pepperoni, regular crust ●	1/8 of a 14-inch pie (approx. 4 oz)	2 1/2 carbohydrates + 1 medium-fat meat + 1 1/2 fats
Cheese or vegetarian, thin crust ●	1/4 of a 12-inch pie (approx. 6 oz)	2 1/2 carbohydrates + 2 medium-fat meats + 1 1/2 fats

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Sandwiches

FOOD	SERVING SIZE	COUNT AS
Chicken sandwich, grilled ●	1	3 carbohydrates + 4 lean meats
Chicken sandwich, crispy ●	1	3 1/2 carbohydrates + 3 medium-fat meats + 1 fat
Fish sandwich with tartar sauce	1	2 1/2 carbohydrates + 2 medium-fat meats + 2 fats
Hamburger		
Large with cheese ●	1	2 1/2 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	3 1/2 carbohydrates + 2 medium-fat meats + 1 fat
Taco, hard or soft shell (meat and cheese)	1 small	1 carbohydrate + 1 medium-fat meat + 1 1/2 fats

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Salads

FOOD	SERVING SIZE	COUNT AS
Salad, main dish (grilled chicken type, no dressing or croutons) ● ●	Salad	1 carbohydrate + 4 lean meats
Salad, side, no dressing or cheese	Small (approx. 5 oz)	1 vegetable

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Sides and Appetizers

FOOD	SERVING SIZE	COUNT AS
French fries, restaurant style		
Small	2.6 oz	3 carbohydrates + 3 fats
Medium	4 oz	4 carbohydrates + 4 fats
Large	6 oz	5 carbohydrates + 6 fats
Nachos with cheese ●	Small (approx. 4 1/2 oz)	2 1/2 carbohydrates + 4 fats
Onion rings ●	1 serving (approx. 3 oz)	2 1/2 carbohydrates + 3 fats

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Desserts

FOOD	SERVING SIZE	COUNT AS
Milkshake, any flavor	12 oz	6 carbohydrates + 2 fats
Soft-serve ice cream cone	1 small	2½ carbohydrates + 1 fat

ALCOHOL

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	½ alcohol equivalent + 1 carbohydrate
Sake	1 fl oz	½ alcohol equivalent
Wine		
Dessert (e.g., sherry)	3½ fl oz	1 alcohol equivalent + 1 carbohydrate
Dry, red or white (10%)	5 fl oz	1 alcohol equivalent

YOUR MEAL PLAN

Meal Plan for: _____ Date: _____
 RD: _____ Phone: _____
 Carbohydrate (g) _____ (% of calories) _____
 Carbohydrate choices _____ (servings) _____
 Protein (g) _____ (% of calories) _____
 Fat (g) _____ (% of calories) _____
 Calories _____

	STARCHES	FRUITS	MILK	NONSTARCHY VEGETABLES	MEAT AND MEAT SUBSTITUTES	FATS	MENU IDEAS
Breakfast Time:							
Snack Time:							
Lunch Time:							
Snack Time:							
Dinner Time:							
Snack Time:							