

DIABETIC FOOD EXCHANGE LIST

1 Exchange = 15g Carbs | 7g Protein | 5g Fat (Approximate)

Starch

15g Carbs, 3g Pro, 1g Fat

Fruit

15g Carbs, 0g Pro, 0g Fat

Meat

0g Carbs, 7g Pro, 2-8g Fat

Food Group	Example Item	Serving Size (1 Exchange)
STARCHES		
Bread	Whole Wheat Bread	1 slice
Cereal	Oatmeal (Cooked)	1/2 cup
Grains	Rice or Pasta (Cooked)	1/3 cup
Vegetables	Potato (Baked)	3 oz (small)
FRUITS		
Fresh Fruit	Apple / Orange	1 small

Food Group	Example Item	Serving Size (1 Exchange)
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Berries	Blueberries	3/4 cup
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Melon	Cantaloupe (Cubes)	1 cup
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Juice	Fruit Juice (100%)	1/2 cup
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MILK & DAIRY

Skim/1%	Milk	1 cup (8 oz)
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Yogurt	Plain, Fat-free	2/3 cup (6 oz)
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NON-STARCHY VEGETABLES (5g Carbs)

Green	Broccoli / Spinach	1 cup raw / 1/2 cup cooked
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Salad	Leafy Greens	2 cups
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PROTEINS (MEATS)

Food Group	Example Item	Serving Size (1 Exchange)
Lean	Chicken (Skinless)	1 oz
Fish	Cod, Tilapia, Tuna	1 oz
Plant-based	Egg Whites	2 large

FATS

Oil	Olive / Canola Oil	1 tsp
Nuts	Almonds	6 nuts
Fruit Fat	Avocado	2 tbsp (1 oz)

*Consult with a Registered Dietitian for a personalized meal plan. This chart is for educational purposes only.