

DIABETIC FOOD EXCHANGE CHART

Standard reference for carbohydrate counting and meal planning

1 Exchange = 15g Carbohydrate 7g Protein 5g Fat ~80-100 Calories

STARCH (15g Carb, 3g Protein, 0-1g Fat)

Grains	Bread (Whole wheat), Rice (Cooked), Pasta (Cooked)	1 slice / 1/3 cup / 1/3 cup
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Starchy Veg	Potato (Mashed), Corn, Peas	1/2 cup / 1/2 cup / 1/2 cup
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FRUIT (15g Carb, 0g Protein, 0g Fat)

Fresh Fruit	Apple (Small), Banana (Small), Orange	1 unit (4 oz)
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Berries/Melon	Blueberries, Raspberries, Cantaloupe	3/4 cup / 1 cup / 1 cup
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MILK (12g Carb, 8g Protein, 0-8g Fat)

Dairy Skim/1% Milk, Plain Yogurt 1 cup (8 oz)

NON-STARCHY VEGETABLES (5g Carb, 2g Protein, 0g Fat)

Greens Broccoli, Spinach, Carrots,
Peppers 1/2 cup cooked / 1 cup raw

MEAT & SUBSTITUTES (0g Carb, 7g Protein, 3-8g Fat)

Protein Chicken, Fish, Beef, Egg, Tofu 1 oz / 1 egg / 4 oz (1/2 cup)

FATS (0g Carb, 0g Protein, 5g Fat)

Healthy Fats Avocado, Olive Oil, Nuts
(Almonds) 2 tbsp / 1 tsp / 6 nuts

Note: This is a general template. Consult a Registered Dietitian for a personalized meal plan.