

DIABETIC FOOD EXCHANGE CHART

One exchange equals the portion size listed below.

FOOD GROUP & MACROS	EXCHANGE ITEM	SERVING SIZE
STARCH (15g Carb, 3g Protein, 1g Fat, 80 Cal)		
Grains	Bread (Whole Wheat, Rye, White)	1 slice
	Cooked Oatmeal / Pasta / Rice	1/2 cup
Vegetables (Starchy)	Baked Potato (with skin)	1 small (3 oz)
	Corn / Green Peas	1/2 cup
FRUIT (15g Carb, 60 Cal)		
Fresh Fruit	Apple / Orange / Peach	1 medium
	Banana	1/2 extra large
Berries/Melons	Blueberries / Raspberries	3/4 cup

FOOD GROUP & MACROS**EXCHANGE ITEM****SERVING SIZE**

Juice

Fruit Juice (Unsweetened)

1/2 cup

MILK (12g Carb, 8g Protein, 0-8g Fat, 90-150 Cal)

Dairy

Skim or 1% Milk

1 cup (8 oz)

Low-fat Yogurt (Plain)

2/3 cup (6 oz)

VEGETABLES (5g Carb, 2g Protein, 25 Cal)

Raw

Leafy Greens / Cucumbers /
Celery

1 cup

Cooked

Broccoli / Carrots / Asparagus

1/2 cup

PROTEIN (0g Carb, 7g Protein, 2-8g Fat, 45-100 Cal)

Lean Meat

Chicken (Skinless) / Fish / Turkey

1 oz

Cheese

Cottage Cheese

1/4 cup

FOOD GROUP & MACROS**EXCHANGE ITEM****SERVING SIZE**

Other

Egg (1) / Tofu (1/2 cup)

1 serving

FATS (5g Fat, 45 Cal)

Monounsaturated

Avocado

2 Tbsp (1 oz)

Olive Oil / Canola Oil

1 tsp

Polyunsaturated

Walnuts / Almonds

6 nuts

Template for educational purposes. Consult a registered dietitian for personalized meal planning.