

DIABETIC FOOD EXCHANGE CHART

Date: _____

FOOD GROUP	EXAMPLE SERVING SIZE (1 EXCHANGE)	DAILY GOAL / TRACKING
Starch / Grains	1 slice bread, 1/2 cup cooked oatmeal, 1/3 cup cooked rice/pasta	
Fruit	1 small apple (4oz), 1/2 cup juice, 3/4 cup berries	
Milk / Dairy	1 cup skim milk, 2/3 cup fat-free yogurt (unsweetened)	
Non-Starchy Vegetables	1 cup raw vegetables, 1/2 cup cooked vegetables	
Lean Protein	1 oz poultry/fish, 1/4 cup cottage cheese, 1 egg	
Fats	1 tsp oil/butter, 1 tbsp salad dressing, 1/8 avocado	

Target Calories: _____

Water (8oz): •••••

Activity (min): _____

Note: This is a general template. Consult with a Registered Dietitian to determine your specific daily exchange requirements.