

Diabetic Food Exchange Chart

Reference Guide: 1 Exchange ≈ 15g Carbohydrate Example Template Only

FOOD GROUP	PORTION SIZE (1 EXCHANGE)	EXAMPLES
STARCH (15g Carb, 3g Protein, 0-1g Fat, 80 Calories)		
Grains/Cereals	1/2 cup cooked	Oatmeal, brown rice, barley, quinoa, pasta
Breads	1 slice / 1/2 small	Whole wheat bread, bagel, English muffin, pita
Starchy Veg	1/2 cup / 1 small	Corn, peas, baked potato, yam, squash
FRUIT (15g Carb, 0g Fat, 60 Calories)		
Whole Fruit	1 small piece	Apple, orange, peach, pear (approx. size of tennis ball)
Berries/Melon	1 cup / 3/4 cup	Blueberries, raspberries, cubed melon or cantaloupe

FOOD GROUP	PORTION SIZE (1 EXCHANGE)	EXAMPLES
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Dried Fruit	2 tablespoons	Raisins, dried cranberries, apricots
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MILK & DAIRY (12g Carb, 8g Protein, Calories vary)

Liquid Milk	1 cup (8 oz)	Skim, 1%, 2%, or Whole milk
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Yogurt	2/3 cup (6 oz)	Plain fat-free, Greek yogurt (unflavored)
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NON-STARCHY VEGETABLES (5g Carb, 2g Protein, 25 Calories)

Cooked/Raw	1/2 cup cooked / 1 cup raw	Broccoli, spinach, peppers, tomatoes, carrots
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MEAT & PROTEIN (0g Carb, 7g Protein, Calories/Fat vary)

Lean Protein	1 ounce	Skinless chicken, turkey, fish, lean beef, tofu
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FOOD GROUP	PORTION SIZE (1 EXCHANGE)	EXAMPLES
Plant Protein	1/2 cup cooked	Beans, lentils (Note: also count as 1 starch exchange)

FATS (0g Carb, 0g Protein, 5g Fat, 45 Calories)

Healthy Oils	1 teaspoon	Olive oil, canola oil, avocado oil
Nuts/Seeds	1 tablespoon	Almonds (6), walnuts (4 halves), peanut butter (1/2 tbsp)

** This chart is a general template. Specific nutritional values may vary by brand and preparation method. Consult a Registered Dietitian for a personalized meal plan.*