

# DIABETES FOOD EXCHANGE LIST

Daily Nutritional Guide Reference

## Starch/Carbohydrate

15g Carbs, 3g Protein, 1g Fat (80 kcal)

## Lean Protein

0g Carbs, 7g Protein, 2g Fat (45 kcal)

## Non-Starchy Veg

5g Carbs, 2g Protein, 0g Fat (25 kcal)

## Starches & Grains

Grains	1/2 cup cooked	Oatmeal, Brown Rice, Pasta, Quinoa
Breads	1 slice / 1/2 small	Whole wheat bread, English muffin, 6" Tortilla
Starchy Veg	1/2 cup / 1 small	Corn, Peas, Potato, Yam

## Fruits

Fresh Fruit	1 small piece	Apple, Orange, Peach, 1/2 Banana
Berries/Melon	3/4 cup to 1 cup	Blueberries, Strawberries, Cantaloupe cubes

### **Proteins (Lean)**

Poultry/Fish	1 ounce (cooked)	Chicken breast (skinless), Cod, Salmon, Tuna
Plant Protein	1/4 cup / 1 tbsp	Tofu, Hummus, Peanut butter (limit)

### **Dairy (Low-Fat)**

Milk/Yogurt	1 cup	Skim milk, 1% milk, Plain non-fat yogurt
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### **Fats**

Oils/Spreads	1 teaspoon	Olive oil, Canola oil, Margarine, Mayo
Nuts/Seeds	1 tablespoon	Almonds (6), Walnuts (2), Pumpkin seeds

*\* This list is a general guide. Serving sizes may vary based on specific nutritional goals. Consult with a Registered Dietitian for a personalized meal plan.*