

# Diabetic Food Exchange Chart

1 Exchange = Approximately 15g Carbs | 7g Protein | 5g Fat

## **STARCHES & GRAINS**

*15g Carbs, 3g Protein, 80 Calories*

<b>Item</b>	<b>Portion</b>
Whole Wheat Bread	1 slice
Oatmeal (Cooked)	1/2 cup
Brown Rice (Cooked)	1/3 cup
Potato (Small)	3 oz

## **FRUITS**

*15g Carbs, 60 Calories*

<b>Item</b>	<b>Portion</b>
Apple (Small)	1 fruit
Banana (Small)	1/2 fruit
Blueberries	3/4 cup
Melon (Cubes)	1 cup

## **DAIRY (LOW FAT)**

*12g Carbs, 8g Protein, 100 Calories*

<b>Item</b>	<b>Portion</b>
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Skim/1% Milk	1 cup
Greek Yogurt (Plain)	2/3 cup
Soy Milk (Plain)	1 cup

### **NON-STARCHY VEGETABLES**

*5g Carbs, 2g Protein, 25 Calories*

<b>Item</b>	<b>Portion</b>
Leafy Greens	2 cups raw
Broccoli/Carrots	1/2 cup cooked
Peppers/Tomatoes	1/2 cup cooked

### **LEAN PROTEIN**

*7g Protein, 2-3g Fat, 45 Calories*

<b>Item</b>	<b>Portion</b>
Chicken (No skin)	1 oz
Fish (Cod, Tilapia)	1 oz
Egg Whites	2 large
Tofu	4 oz

### **HEALTHY FATS**

*5g Fat, 45 Calories*

<b>Item</b>	<b>Portion</b>
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Avocado	2 tbsp
Olive Oil	1 tsp
Almonds	6 nuts
Nut Butter	1.5 tsp

\*Consult with a registered dietitian or healthcare provider for a personalized meal plan.