

# DIABETIC FOOD EXCHANGE CHART

*Standard Serving Sizes (Approx. 15g Carbohydrates per Exchange)*

Bread	1 Slice	Whole wheat, White, Rye
Cereal (Cooked)	1/2 Cup	Oatmeal, Grits
Rice / Pasta	1/3 Cup	Brown rice, Whole wheat pasta
Potato	1/2 Medium	Baked or Mashed
Fresh Fruit	1 Small	Apple, Orange, Peach

Berries	3/4 Cup	Blueberries, Raspberries
Melon	1 Cup	Cantaloupe, Honeydew
Fruit Juice	1/2 Cup	Unsweetened Orange or Apple
Milk	1 Cup (8 oz)	Skim, 1%, or Fat-Free
Yogurt	2/3 Cup (6 oz)	Plain, Low-fat
Cooked Veg	1/2 Cup	Broccoli, Spinach, Carrots

Raw Veg	1 Cup	Leafy greens, Cucumber, Peppers

**Daily Goal Notes:**