

DIABETIC CARB EXCHANGE CHART

Standard Rule: 1 Exchange = Approximately 15 Grams of Carbohydrates

FOOD CATEGORY	SERVING SIZE (1 EXCHANGE)
Starches & Grains	
Bread (Whole Grain)	1 Slice
Cooked Rice or Pasta	1/3 Cup
Cooked Oatmeal	1/2 Cup
Potato (Baked)	3 oz (Small size)
Fruits	
Fresh Fruit (Apple/Orange)	1 Small (4 oz)
Berries (Blueberries/Strawberries)	3/4 Cup
Banana	1/2 Medium
Fruit Juice (Unsweetened)	1/2 Cup

FOOD CATEGORY**SERVING SIZE (1 EXCHANGE)****Milk & Dairy**

Milk (Fat-free, 1%, 2%, Whole) 1 Cup (8 fl oz)

Yogurt (Plain or Light) 2/3 Cup (6 oz)

Vegetables (Starchy & Non-Starchy)

Corn or Green Peas 1/2 Cup

Non-Starchy Vegetables (Cooked) 1 1/2 Cups*

Notes:

⌘ *Non-starchy vegetables are low in carbs; usually 3 servings equal 1 exchange.

⌘ Always check nutrition labels for exact fiber and sugar content.

⌘ Consult with a Registered Dietitian to determine your specific daily exchange goals.