

DIABETIC FOOD EXCHANGE CHART

Standardized Portions for Blood Sugar Management

Key Concept: One "Exchange" in a category equals the specified amount of food. Each exchange within a group has approximately the same amount of carbohydrates, protein, fat, and calories.

FOOD GROUP & MACROS 1 EXCHANGE EQUALS...

STARCH (15g Carb, 3g Protein, 80 Cal)

Grains & Breads 1 slice bread, 1/2 cup cooked oatmeal, 1/3 cup cooked rice/pasta, 1/2 English muffin.

Starchy Veggies 1/2 cup corn, 1/2 cup green peas, 1 small potato (3 oz), 1/2 cup beans/lentils.

FRUIT (15g Carb, 60 Cal)

Fresh & Canned 1 small apple/orange, 1/2 large banana, 1/2 cup canned fruit (in juice), 17 small grapes.

MILK (12g Carb, 8g Protein, 100-160 Cal)

Dairy & Soy 1 cup milk (fat-free/1%), 1 cup soy milk (plain), 2/3 cup (6 oz) fat-free plain yogurt.

FOOD GROUP & MACROS 1 EXCHANGE EQUALS...

NON-STARCHY VEGETABLES (5g Carb, 2g Protein, 25 Cal)

Green & Leafy 1 cup raw vegetables, 1/2 cup cooked vegetables
(Broccoli, Spinach, Peppers, Carrots).

MEAT & SUBSTITUTES (7g Protein, 0g Carb, 45-100 Cal)

Lean Protein 1 oz chicken (no skin), 1 oz fish, 1/4 cup cottage cheese, 1
egg white, 1 oz lean beef.

FATS (5g Fat, 45 Cal)

Healthy Fats 1 tsp oil/butter, 1 tbsp salad dressing, 1/8 avocado, 6
almonds, 1 tbsp pumpkin seeds.

Note: Consult with a registered dietitian or healthcare provider for a personalized meal plan.