

DIABETIC FOOD EXCHANGE CHART

Reference Guide for Balanced Meal Planning

Food Group	Example Portion (1 Exchange)	Nutrient Value (Approx.)
STARCH / CARBOHYDRATE		
Grains & Breads	1 slice bread, 1/3 cup cooked rice/pasta, 1/2 cup oatmeal	15g Carb, 3g Protein, 1g Fat (80 kcal)
Starchy Vegetables	1/2 cup corn, 1/2 cup peas, 1 small potato (3 oz)	15g Carb, 3g Protein, 0g Fat (80 kcal)
FRUITS		
Fresh & Unsweetened	1 small apple/orange, 1/2 banana, 3/4 cup berries	15g Carb, 0g Protein, 0g Fat (60 kcal)
MILK & DAIRY		
Low-Fat / Skim	1 cup skim milk, 2/3 cup (6 oz) fat-free plain yogurt	12g Carb, 8g Protein, 0-3g Fat (100 kcal)
NON-STARCHY VEGETABLES		
Leafy Greens & Others	1 cup raw, 1/2 cup cooked (broccoli, spinach, peppers)	5g Carb, 2g Protein, 0g Fat (25 kcal)
MEAT & PROTEIN		

Food Group	Example Portion (1 Exchange)	Nutrient Value (Approx.)
Lean Protein	1 oz chicken (no skin), 1 oz fish, 1/4 cup cottage cheese	<i>0g Carb, 7g Protein, 3g Fat (45 kcal)</i>
Medium-Fat Protein	1 oz beef (loin/round), 1 egg, 1 oz mozzarella	<i>0g Carb, 7g Protein, 5g Fat (75 kcal)</i>
FATS		
Healthy Fats	1 tsp oil/butter, 1 tbsp dressing, 1/8 avocado, 6 nuts	<i>0g Carb, 0g Protein, 5g Fat (45 kcal)</i>

Note: One "exchange" is a serving of food that contains a known amount of carbohydrates, protein, and fat. This template is for educational purposes. Consult a Registered Dietitian or healthcare provider to determine your specific daily exchange goals.