

DIABETIC FOOD EXCHANGE CHART

Type 2 Diabetes Management Template

STARCH (15g Carb, 3g Protein)

Bread (Whole Wheat)	1 slice
Oatmeal (Cooked)	1/2 cup
Rice / Pasta (Cooked)	1/3 cup
Potato (Small)	3 oz.
Corn / Peas	1/2 cup

FRUITS (15g Carb)

Apple / Orange (Small)	1 item
Banana (Medium)	1/2 item
Berries (Fresh)	3/4 cup
Melon (Cubes)	1 cup
Fruit Juice (100%)	1/2 cup

PROTEIN (7g Protein, 0-5g Fat)

Lean Meat (Beef, Pork)	1 oz.
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PROTEIN (7g Protein, 0-5g Fat)

Poultry (Skinless)	1 oz.
Fish (Fresh/Frozen)	1 oz.
Egg (Large)	1 item
Tofu	4 oz.

DAIRY (12g Carb, 8g Protein)

Milk (Skim/1%)	1 cup
Yogurt (Plain, Low-fat)	2/3 cup
Soy Milk (Plain)	1 cup

NON-STARCHY VEG (5g Carb)

Leafy Greens	1 cup raw
Broccoli / Cauliflower	1/2 cup cooked
Carrots	1/2 cup cooked
Peppers / Cucumber	1 cup raw

FATS (5g Fat)

Avocado (Medium)	2 tbsp.
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FATS (5g Fat)

Olive/Canola Oil

1 tsp.

Nuts (Almonds/Walnuts)

6 items

Peanut Butter

1.5 tsp.

Note: One exchange equals the portion size listed. Consult with a Registered Dietitian for a personalized meal plan.