

DIABETIC FOOD EXCHANGE CHART

Portion Control Guide for Glycemic Management & Weight Loss

FOOD GROUP	ONE EXCHANGE EQUALS...	AVERAGE PER SERVING
Starches	1 slice bread, 1/2 cup cooked oatmeal, 1/3 cup cooked rice/pasta, 1/2 cup corn/peas.	15g Carb, 3g Protein, 1g Fat (80 kcal)
Fruits	1 small apple/orange, 1/2 banana, 1/2 cup unsweetened juice, 3/4 cup berries.	15g Carb (60 kcal)
Non-Starchy Veg	1 cup raw leafy greens, 1/2 cup cooked broccoli, carrots, peppers, or tomatoes.	5g Carb, 2g Protein (25 kcal)
Milk (Skim/1%)	1 cup fat-free/1% milk, 2/3 cup (6 oz) fat-free plain yogurt.	12g Carb, 8g Protein, 0-3g Fat (100 kcal)
Lean Protein	1 oz chicken (no skin), 1 oz fish, 1/4 cup cottage cheese, 1 egg white.	0g Carb, 7g Protein, 3g Fat (45 kcal)
Medium-Fat Protein	1 oz beef (loin/round), 1 oz pork, 1 whole egg, 1 oz mozzarella cheese.	0g Carb, 7g Protein, 5g Fat (75 kcal)
Fats	1 tsp oil/butter, 1 tbsp salad dressing, 1/8 avocado, 6 almonds.	0g Carb, 5g Fat (45 kcal)

** This chart is a general template. Consult with a Registered Dietitian or Medical Provider to determine your specific daily exchange requirements based on your caloric needs.*