

DIABETIC FOOD EXCHANGE REFERENCE

Reference Guide: 1 Exchange Unit Date: _____

FOOD GROUP & MACROS	EXAMPLE SERVING SIZES (1 EXCHANGE)
Starch / Grains 15g Carb, 3g Pro, 1g Fat (80 cal)	1 slice bread, 1/2 cup cooked oatmeal, 1/3 cup cooked rice/pasta, 1/2 cup corn/peas, 1 small potato (3 oz).
Fruits 15g Carb (60 cal)	1 small apple/orange, 1/2 large banana, 17 small grapes, 3/4 cup berries, 1/2 cup fruit juice.
Milk (Fat-Free/Low-Fat) 12g Carb, 8g Pro, 0-3g Fat (100 cal)	1 cup skim or 1% milk, 2/3 cup (6 oz) fat-free plain yogurt.
Non-Starchy Vegetables 5g Carb, 2g Pro (25 cal)	1/2 cup cooked vegetables, 1 cup raw vegetables (Broccoli, Spinach, Carrots, Peppers, Tomatoes).
Lean Protein 0g Carb, 7g Pro, 2-3g Fat (45 cal)	1 oz chicken breast (skinless), 1 oz fish, 1/4 cup cottage cheese, 2 egg whites, 1 oz lean beef.
Fats 0g Carb, 5g Fat (45 cal)	1 tsp oil/butter, 1 tbsp salad dressing, 1/8 avocado, 6 almonds, 1 tsp mayonnaise.

Note: This is a general template. Consult with a Registered Dietitian or Healthcare Provider for a personalized meal plan.