

# DIABETIC MEAL PATTERN EXCHANGE CHART

Daily Dietary Management Reference

Name: \_\_\_\_\_ Date: \_\_\_\_\_

<b>Food Group (1 Exchange)</b>	<b>Carbs (g)</b>	<b>Protein (g)</b>	<b>Fat (g)</b>	<b>Calories</b>
Starch (Bread/Cereal)	15	3	0-1	80
Fruit	15	0	0	60
Milk (Fat-free/Low-fat)	12	8	0-3	100
Vegetables (Non-starchy)	5	2	0	25
Lean Meat	0	7	3	45
Fats	0	0	5	45

**Daily Target:**

Carbohydrates: \_\_\_\_\_ g

Total Calories: \_\_\_\_\_ kcal

**Meal Dist:**

B: \_\_\_\_\_ L: \_\_\_\_\_ D: \_\_\_\_\_

Snacks: \_\_\_\_\_

*This template is for educational purposes. Consult a registered dietitian or physician for a personalized meal plan.*

Print Chart