

# DIABETIC FOOD EXCHANGE CHART

Standardized portions containing similar macronutrient profiles

## STARCH (Bread, Cereal, Grains, Starchy Veg)

Bread (Whole Wheat)	1 slice	15	3	0-1	80
Rice or Pasta (Cooked)	1/3 cup	15	3	0-1	80
Potato (Baked)	3 oz (small)	15	3	0-1	80

## FRUITS

Apple / Orange	1 small (4 oz)	15	0	0	60
Berries (Fresh)	3/4 cup	15	0	0	60

## MILK (Low Fat / 1%)

Milk / Yogurt (Plain)	1 cup (8 oz)	12	8	0-3	100
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### NON-STARCHY VEGETABLES

Cooked Veg / Juice	1/2 cup	5	2	0	25
Raw Vegetables	1 cup	5	2	0	25

### MEAT & SUBSTITUTES (Lean)

Chicken / Fish / Beef	1 oz (cooked)	0	7	3	45
Egg (Large)	1 unit	0	7	5	75

### FATS

Oil / Butter / Mayo	1 tsp	0	0	5	45
Avocado	2 tbsp (1 oz)	0	0	5	45

**15g**Carbohydrates

**7g**Protein

**5g**Fat

**Free**<20 Cals / Serving

\*Consult with a Registered Dietitian for a personalized meal plan. Values are averages.