

DIABETIC PORTION EXCHANGE CHART

FOOD GROUP	ONE EXCHANGE / PORTION SIZE	CARBS (G)
Starches	1 slice bread, 1/2 cup oatmeal, 1/3 cup cooked rice/pasta	15g
Fruits	1 small apple, 1/2 banana, 1/2 cup fruit juice	15g
Non-Starchy Veg	1 cup raw, 1/2 cup cooked	5g
Proteins	1 oz lean meat, 1 egg, 1/4 cup cottage cheese	0g
Dairy (Low-fat)	1 cup milk, 2/3 cup (6 oz) fat-free yogurt	12g
Fats	1 tsp oil/butter, 1 tbsp salad dressing, 1/8 avocado	0g

** This is a general template. Consult with a Registered Dietitian for a personalized meal plan.*