

# DIABETIC PROTEIN FOOD EXCHANGE CHART

**Standard Exchange:** 1 Protein Exchange = 7g Protein, 0-5g Fat, 35-100 Calories.

## Lean Protein (0-3g Fat)

Beef (Select/Choice cuts)	1 oz
Chicken (White meat, no skin)	1 oz
Fish (Cod, Flounder, Tilapia)	1 oz
Egg Whites	2 large
Cottage Cheese (Fat-free/Low-fat)	1/4 cup

## Medium-Fat Protein (4-7g Fat)

Beef (Ground, Roast, Steak)	1 oz
Chicken (Dark meat, with skin)	1 oz

Egg (Whole) 1 count

Cheese (Feta, Mozzarella) 1 oz

Tofu 4 oz (1/2 cup)

**High-Fat Protein (8g+ Fat)**

Pork (Sausage, Spareribs) 1 oz

Cheese (Cheddar, Swiss, Jack) 1 oz

Processed Meats (Bologna, Salami) 1 oz

Peanut Butter (Limit to 1 exchange) 1 tbsp

**Plant-Based Protein (Counts as Protein + Carb)**

Beans, Peas, Lentils (Cooked)

1/2 cup

Edamame (Shelled)

1/2 cup

*Note: 3 oz of meat is roughly the size of a deck of cards. Consult with a Registered Dietitian for personalized meal planning.*