

# STARCH FOOD EXCHANGE CHART

1 Starch Exchange = 15g Carbohydrates, 3g Protein, 0-1g Fat, 80 Calories

**Food Item**

**Serving Size (1 Exchange)**

## BREADS & GRAINS

Bread (White, Whole Wheat, Rye)

1 slice (1 oz)

Bagel

1/4 large (1 oz)

English Muffin / Hamburger Bun

1/2

Cooked Cereal (Oatmeal, Grits)

1/2 cup

Rice or Pasta (Cooked)

1/3 cup

Couscous / Quinoa (Cooked)

1/3 cup

## STARCHY VEGETABLES

Baked Potato (with skin)

1/2 medium (3 oz)

<b>Food Item</b>	<b>Serving Size (1 Exchange)</b>
Mashed Potatoes	1/2 cup
Corn / Green Peas	1/2 cup
Yam / Sweet Potato (Plain)	1/2 cup
Winter Squash (Pumpkin, Butternut)	3/4 cup
<b>BEANS &amp; LEGUMES</b>	
Beans (Kidney, Black, Garbanzo, Cooked)	1/3 cup
Lentils (Cooked)	1/3 cup
Baked Beans	1/4 cup
<b>SNACKS</b>	
Crackers (Round / Saltine type)	6 units

<b>Food Item</b>	<b>Serving Size (1 Exchange)</b>
Popcorn (Popped, no butter)	3 cups
Pretzels	3/4 oz
Rice Cakes (4 inch diameter)	2 units

Consult with a Registered Dietitian for a personalized meal plan.