

DIABETIC FOOD EXCHANGE CHART

1 Exchange = Approximately 15g Carbs, 7g Protein, or 5g Fat

EXCHANGE GROUP	SERVING SIZE	EXAMPLE ITEMS
STARCH (15g Carb, 3g Protein, 80 Cal)		
Grains	1/2 cup / 1 slice	Oatmeal, brown rice, whole wheat bread
Starchy Veg	1/2 cup / 1 small	Corn, peas, potato, sweet potato
FRUIT (15g Carb, 60 Cal)		
Fresh Fruit	1 small piece	Apple, orange, peach, small banana
Berries/Melon	1 cup / 3/4 cup	Blueberries, strawberries, cubed melon
MILK & DAIRY (12g Carb, 8g Protein, 100-160 Cal)		
Liquid Dairy	1 cup (8 oz)	Skim, 1%, or 2% milk
Yogurt	2/3 cup (6 oz)	Plain low-fat yogurt or Greek yogurt

EXCHANGE GROUP**SERVING SIZE****EXAMPLE ITEMS****NON-STARCHY VEGETABLES (5g Carb, 2g Protein, 25 Cal)**

Cooked	1/2 cup	Broccoli, carrots, spinach, peppers
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Raw	1 cup	Leafy greens, cucumber, celery, tomatoes
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LEAN PROTEIN (0g Carb, 7g Protein, 45-75 Cal)

Meat/Poultry	1 oz	Skinless chicken, turkey, lean beef, fish
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Plant Protein	1/4 cup / 1 oz	Tofu, low-fat cheese, egg whites (2)
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FATS (0g Carb, 5g Fat, 45 Cal)

Unsaturated	1 tsp / 1/8 unit	Olive oil, avocado, nuts (6 almonds)
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Note: This is a general guide. Portions may vary based on specific nutritional goals. Consult with a registered dietitian for a personalized meal plan.