**EXCHANGE LISTS FOR MEAL PLANNING\***

*(\*From 2008 ADA/ADA Edition)*

***FRUITS***

(**15** gm carbs, **60 cal**. If canned, use “no sugar added” and drain off juice.)

Apple (small, 2 ½”) 1 Nectarine (small, 5 oz) 1

Applesauce (unsweetened) ½ cup Orange (small, 6 ½ oz) 1

Apricot: Fresh, small 4 Papaya (cubed) 1 cup

Canned ½ cup Peach: Fresh (large, 8 oz) ½

Banana (medium, 8 oz) ½ Canned ¾ cup

Blueberries ¾ cup Pear: Fresh (large, 8 oz) ½

Cantaloupe (cubed) 1 cup Canned ½ cup

Cherries: Fresh (3 oz) 12 Pineapple: Fresh ¾ cup

Canned ½ cup Canned ½ cup

Grapefruit (large, 11 oz) ½ Plums (2 ½ oz) 2

Grapes (small, 3 oz) 17 Pummelo (fresh) 1 cup

Honeydew melon (cubed) 1 cup Raisins 2 T

Kiwi (3 ½ oz) 1 Raspberries 1 cup

Mandarin orange: Fresh (large, 6 oz) 1 Star fruit (carambola) 2 cups

Canned ¾ cup Strawberries 1 ¼ cup Mango (cubed) ½ cup Watermelon (cubed) 1 ¼ cup

***VEGETABLES***

(**2** gm protein, **5** gm carbs, **25 cal**. One serving is 1 cup raw or ½ cup cooked)

Artichoke Greens (collard, kale, mustard, turnip)

Asparagus Kohlrabi

Bamboo shoots (1 ½ cup cooked) Mushrooms

Beans (green or yellow) Onion (regular, green, scallions)

Bean sprouts Pea pods

Beets Peppers (all varieties)

Broccoli Radishes

Brussel sprouts Salad greens (iceberg, romaine, spinach)

Cabbage (including Chinese varieties) Summer squash

Carrots Tomato (fresh, canned, juice)

Cauliflower Turnips

Celery Water chestnuts

Cucumber Zucchini

Eggplant

***STARCHES***

(3 gm protein, 0-1 gm fat, **15** gm carbs, **80 cal**.)

**Breads Crackers/Snacks**

Bagel: small (2 oz) ½ Crackers: Ritz type, saltine 6

large (4 oz) ¼ whole wheat crisp breads 2-3

Bread: reduced calorie 2 slices graham (squares) 3

whole grain 1 slice Popcorn (plain or low fat) 3 cups

Bun (regular hot dog/hamburger) ¾ Rice cakes (4”) 2

Tortilla: 6” corn or flour 1 **Vegetables—starchy**

8” 100% whole wheat 1 Corn ½ cup

**Cereals/Grains** Peas ½ cup

Bran, dry: oat ¼ cup Potato (3 oz, large egg size) 1

wheat ½ cup Pumpkin (cooked) 1 cup

Cereal (unsweetened, ready-to-eat) use label Squash (acorn or butternut, cooked) 1 cup

Oatmeal (cooked) ½ cup Yam/sweet potato (plain) ½ cup

Pasta (cooked) ⅓ cup **Legumes/Beans** (1 starch+1 very lean meat if

Quinoa (cooked) ⅓ cup boiled use ½ cup, if canned 1/3 c, no lean meat)

Rice (brown or white, cooked) ⅓ cup Kidney

Navy/Small White

Pinto

Soybeans (if dry roasted, use 2 T)

Lentils/Split Peas

***MILK/DAIRY***

(**8** gm protein, **0-1** gm fat, **12** gm carbs, **90 cal**.)

Skim or ½ % 1 cup Yogurt: plain, non- or low fat ¾ cup

Soy milk 1 cup flavored, artificial sweetener ¾ cup

***MEAT***

**Very Lean** (**7** gm protein, **<1** gm fat/oz, **55 cal**. **Lean** (**7** gm protein, **1-3** gm fat/oz, **75 cal**.

All servings 1 oz except as noted.) All servings 1 oz except as noted.)

Chicken (white meat, no skin) Beef: Round, Sirloin (steak, roast)

Turkey (white meat, no skin) Flank, Tenderloin (steak)

Fish (cod, halibut, trout, tuna-fresh or water pack) Ground beef (>90% lean)

Shellfish (clam, crab, lobster, shrimp, scallop) Pork Ham (extra lean)

Game (moose, caribou, buffalo, venison) Sirloin (steak, roast)

Ham (extra lean) Tenderloin

Other: Cottage cheese (non- or 1% fat) ¼ cup Lamb (leg)

Egg whites 2 Chicken (dark meat, no skin)

Egg substitute ¼ cup Turkey (dark meat, no skin)

Cheese (FAT FREE) ½ slices Fish: Salmon (fresh, canned)

Sardines (canned no oil) 2 med

Oyster 6 med

Tofu (regular, raw) 1/3 cup

***FATS***

(**5** gm fat, **45 cal**.)

**Monounsaturated** (best choices) **Polyunsaturated**

Avocado 2 T Margarine: stick, tub squeeze) 1 tsp

Nuts: butter (almond, cashew, peanut) 1½ tsp low fat (30-50% oil) 1 T

almond 6 Mayonnaise: regular 1 tsp

cashew 6 reduced fat 1 T

macadamia 3 Oil (corn, safflower, soybean) 1 tsp

peanut 10 Seeds (flax, pumpkin, sunflower, sesame) 1 T

pecan, walnut 4 halves **Saturated**

pistachio 16 Bacon (medium slice, cooked) 1

Oil (canola, olive, peanut, sunflower) 1 tsp Butter 1 tsp

Olives (large): black 8 Cream cheese 1 T

green 10 Sour cream 2 T

***FREE FOODS***

(Foods/drinks with **<20 cal** or 5 gm carbs per serving. **Limit 3** servings per day.)

**Fat Free Seasonings**

Cream cheese 1 T Cooking spray

Creamer, non-dairy: Liquid 1T Flavoring extracts

Powdered 2 tsp Garlic/Herbs/Spices (fresh or dried)

Mayonnaise 1 T Hot pepper sauce

Margarine 1 T Lemon or lime juice 2 oz

Salad dressing: regular/creamy 1 T Parmesan cheese (fresh grated) 1 T

Italian 2 T Soy sauce, low salt 1 T

Sour cream 1 T Vinegar (unsweetened)

Whipped topping (light or fat free) 2 T Worcestershire sauce

Yogurt (low sugar) 2 T **Drinks**

**Condiments** Bouillon/broth, low salt

BBQ sauce 2 tsp Coffee/Tea

Catsup/Taco sauces 1 T Drink Mixes (sugar free)

Mustard 3 T Soft drinks, tonic water (sugar free)

Pickle, dill (large) 1 ½ Water, flavored (sugar free)

Salsa ¼ cup

**Other**

Artificial sweeteners (Splenda, Stevia, Sweet-n-Low, etc.)

Gelatin/jello (sugar free or unflavored)

Gum (sugar free)

Hard candy 1 piece

Jam/jelly (low- no-sugar) 2 tsp