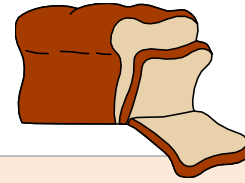


## A circular collage of various food items, including fruits like watermelon, grapes, banana, and apples; vegetables like broccoli, carrots, and spinach; grains like rice and corn; proteins like fish, chicken, and eggs; and dairy products like yogurt and cheese. The items are arranged in a circular pattern within a blue border.



1

# Starches



<b>Breads and More</b> <b>Each Serving = 15 g carbohydrate, 3 g protein, 0-1 g fat, 80 calories</b>		
Bagel	large	1/4
Biscuit	size 2 <sup>1</sup> / <sub>2</sub> -inches across	1
Bread	white, wheat, multigrain, rye	1 slice
Bun	hotdog or hamburger	1/2 bun
Chapatti	size 6-inch diameter	1
Cornbread	size 2-inch cube	1
English muffin		1/2
Flour, corn meal, wheat germ	dry	3 Tbsp.
Pancake	4-inch diameter, 1/4- inch thick	1
Pita bread	6-inch diameter	1/2
Roll	small dinner roll	1
Stuffing: bread		1/3 cup
Taco shell or tostada shell	size 5-inch	2 crisp shells
Tortilla	Corn or flour, 6-inches across	1
	Flour, 10-inches across	1/3
Waffle	4-inch diameter	1

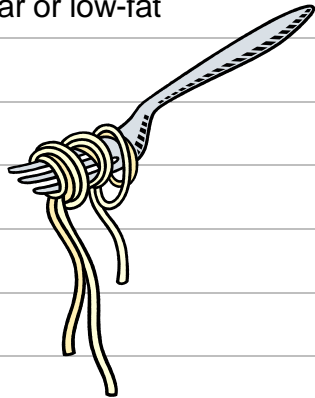


Most breads, bagels, buns and rolls have about 15 grams (g) of carbohydrate per ounce when weighed on a food scale.

## Rice, Noodles and Grains

Each Serving = 15 g carbohydrate, 3 g protein, 0-1 g fat, 80 calories

Barley	1/3 cup
Bulgur	1/2 cup
Couscous	1/3 cup
Granola, regular or low-fat	1/4 cup
Grits	1/2 cup
Millet	1/3 cup
Muesli	1/4 cup
Pasta	1/3 cup
Polenta	1/3 cup
Quinoa	1/3 cup
Rice, white or brown	1/3 cup
Wild rice	1/2 cup



All items on this page are measured after cooking.

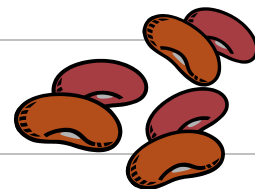


Beans, lentils and split peas are good sources of protein.

## Beans, Peas and Lentils

Each Serving = 15 g carbohydrate, 7 g protein, 0-3 g fat, 125 calories

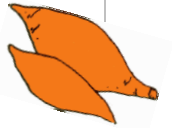
Baked beans	1/3 cup
Beans: black, garbanzo, kidney, lima, navy, pinto, white	1/2 cup
Lentils: brown, green, yellow	1/2 cup
Peas: black-eyed, split	1/2 cup
Refried beans	1/2 cup



## Starchy Vegetables

**Each Serving = 15 g carbohydrate, 3 g protein, 0-1 g fat, 80 calories**

Cassava, Yucca	1/3 cup	
Corn	1/2 cup	
Corn on cob, large	1/2 cob	
Hominy, canned	3/4 cup	
Parsnips	1/2 cup	
Peas, green	1/2 cup	
Plantain	1/3 cup	
Potato	1/2 cup	
Pumpkin, canned, no sugar added	1 cup	
Squash, winter (acorn, butternut)	1 cup	
Succotash	1/2 cup	
Yam, sweet potato	1/2 cup	

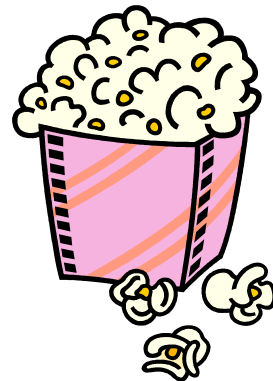


### These snack foods each have 15 grams of carbohydrate

6 saltines

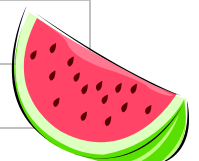
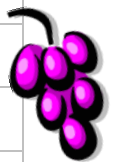
3 graham cracker squares

3 cups popped corn



# Fruits

Fresh Fruits	
Each Serving = 15 g carbohydrate, 0 g protein, 0 g fat, 60 calories	
Apple	1 small
Applesauce, unsweetened	1/2 cup
Apricots, fresh	4 whole
Banana	1/2 large or 1 baby banana
Blackberries	3/4 cup
Blueberries	3/4 cup
Cantaloupe	1 cup cubed
Cherries	12
Fruit cocktail	1/2 cup
Grapefruit	1/2
Grapes	17 small
Honeydew	1 cup cubed
Kiwi	1
Mango	1/2 cup
Nectarine	1 small
Orange	1 small
Papaya	1 cup cubed
Peach	1 medium
Pear	1 small
Pineapple	3/4 cup
Plums	2 small
Raspberries	1 cup
Strawberries	1¼ cup whole berries
Tangerines	2 small
Watermelon	1¼ cup cubes



<b>Dried Fruit</b>	
<b>Each Serving = 15 g carbohydrate, 0 g protein, 0 g fat, 60 calories</b>	
Apples, dried	4 rings
Apricots, dried	8 halves
Dates	3
Dried fruits	2 Tbsp.
Figs	2 medium
Prunes	3
Raisins	2 Tbsp.

<b>Fruit Juice</b>	
<b>Each Serving = 15 g carbohydrate, 0 g protein, 0 g fat, 60 calories</b>	
Apple juice or apple cider	1/2 cup
Fruit juice blends, 100% juice	1/3 cup
Grape juice	1/3 cup
Grapefruit juice	1/2 cup
Orange juice	1/2 cup
Pineapple juice	1/2 cup
Prune juice	1/3 cup

Juices can raise blood sugar quickly.





# Milk and Yogurt



1 cup = 8 ounces

## Fat-free and Low fat Selections

Each Serving = 15 g carbohydrate, 8 g protein, 0-3 g fat, 100 calories

Fat-free or low fat buttermilk	1 cup
Fat-free milk	1 cup
1% low fat milk	1 cup
Evaporated fat-free milk	1/2 cup
Fat-free dry milk powder	1/3 cup dry
Yogurt, Fat-free, flavored with artificial sweetener Plain, fat-free	2/3 cup 2/3 cup



## Reduced Fat Selections

Each Serving = 15 g carbohydrate, 8 g protein, 5 g fat, 120 calories

2% reduced fat milk	1 cup
Kefir	1 cup
Yogurt, plain low fat	2/3 cup
Sweet acidophilus milk	1 cup

## Whole Milk Selections

Each Serving = 15 g carbohydrate, 8 g protein, 8 g fat, 160 calories






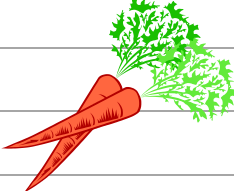
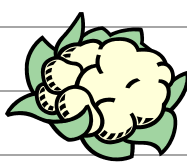


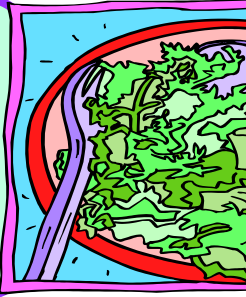
Milk, whole	1 cup
Evaporated whole milk	1/2 cup
Yogurt, plain (made from whole milk)	1 cup
Goat's milk	1 cup

High in saturated fat: limit use

## Non-Starchy Vegetables

Serving Size: 1/2 cup cooked or 1 cup raw

Each Serving = 5 g carbohydrate, 2 g protein, 0 g fat, 25 calories

Amaranth	Leeks
Artichoke	Mung bean sprouts
Asparagus	Mushrooms 
Baby corn	Okra
Bamboo shoots	Onion
Beans (green, Italian, wax) 	Pea pods
Bean sprouts	Peppers (bell and all varieties) 
Beets 	Radishes
Bitter melon	Rutabaga
Bok choy	Sauerkraut
Borscht 	Sprouts: all varieties
Broccoli	Spinach
Brussels sprouts	Summer squash
Cabbage- all types	Sugar snap peas
Carrots 	Swish chard
Cauliflower 	Tomatoes 
Celery	Tomato sauce
Chayote	Tomato juice
Coleslaw	Turnips
Cucumber 	V8 juice
Eggplant	<div> <p>Salad greens and lettuce are very low carb and usually do not need to be counted.</p>  </div>
Greens (all: collard, kale, mustard, turnip)	
Green onions	
Hearts of palm	
Jicama	
Kohlrabi	

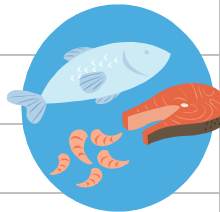

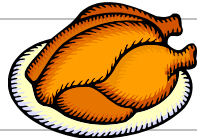
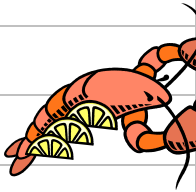


## Meats and Meat Substitutes

Choose lean  
most often

### Lean Protein Choices

**Each portion size below = 0 g carbohydrate, 7 g protein, 0-3 g fat, 45 calories**

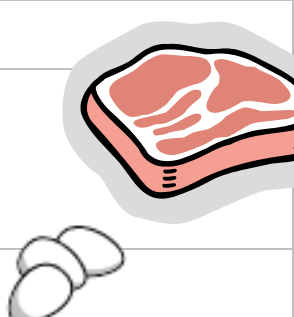
Beef (Select or Choice grades): ground round or ground sirloin, beef jerky, lean roast: chuck, rib, rump lean steak: flank, porterhouse, sirloin, T-bone, tenderloin	1 oz	
Cheeses with 0-3 g fat per oz	1 oz	
Cottage cheese	1/4 cup	
Egg substitute	1/4 cup	
Egg whites	2	
Fish, all: (not fried)	1 oz	
Game meats: buffalo, ostrich, rabbit, venison	1 oz	
Hot dog with 0-3 g fat per oz	1	
Lamb: lean chop, leg, roast	1 oz	
Organ meats: heart, kidney, liver (high cholesterol)	1 oz	
Pork: ham, tenderloin, Canadian bacon, lean rib or loin chop	1 oz	
Poultry, skinless: Cornish hen, chicken, domestic duck or goose (well-drained of fat), turkey	1 oz	
Processed sandwich meats with 0-3 g fat per oz: chipped beef, deli thin-sliced meats, turkey ham, turkey kielbasa, turkey pastrami	1 oz	
Sausage with 0-3 g fat per oz	1 oz	
Shellfish: clams, crab, imitation shellfish, lobster, scallops	1 oz	
Shrimp and squid (high cholesterol)	1 oz	
Veal, lean chop, roast	1 oz	

3 ounces (oz) of meat is about  
the size of a deck of cards

Vegetarian protein sources are listed on page 11.

### Medium Fat Protein Choices



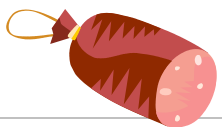
Each portion size below= 0 g carbohydrate, 7 g protein, 4-7 g fat, 75 calories

Cheese, reduced-fat with 4-7 g fat per oz	1 oz	
Feta cheese	1 oz	
Mozzarella cheese	1 oz	
Ricotta cheese	1/4 cup	
Beef: corned beef, ground beef, meatloaf, Prime grades trimmed of fat prime rib, short ribs, tongue	1 oz	
Egg (high cholesterol)	1	
Fish, fried	1 oz	
Lamb: ground, rib roast	1 oz	
Pork: cutlet, shoulder roast	1 oz	
Poultry: chicken with skin, dove, pheasant, wild duck, wild goose, fried chicken, ground turkey	1 oz	
Sausage with 4-7 grams of fat per oz	1 oz	
Veal, cutlet (no breading)	1 oz	

Choose less often

### High Fat Proteins Choices

Each portion size below = 0 g carbohydrate, 7 g protein, 8 or more g fat, 100 calories

Pork bacon		2 slices	
Turkey bacon		3 slices	
Cheese, all regular: American, bleu, brie, cheddar, Colby, hard goat, Monterey jack, queso, Swiss		1 oz	
Hot dog: beef, pork, turkey, chicken or combination		1	
Pork: ground pork, sausage, spareribs		1 oz	
Processed meats with 8 or more g fat per oz bologna, pastrami, salami		1 oz	
Sausages: bratwurst, chorizo, Italian, Polish, pork		1 oz	

## Vegetarian Protein Choices



"Bacon" strips, soy-based	3 strips	7 g protein, 4-7 g fat
Baked beans	1/3 cup	15 g carb, 7 g protein, 0-3 g fat
Beans, cooked: black, garbanzo, kidney, lima, navy, pinto, white	1/2 cup cooked	15 g carb, 7 g protein, 0-3 g fat
"Beef" or "sausage" crumbles, soy-based	1/4 cup	8 g carb, 7 g protein, 0-3 g fat
"Chicken" nuggets, soy-based	2 nuggets	8 g carb, 7 g protein, 4-7 g fat
Edamame	1/2 cup shelled	8 g carb, 7 g protein, 0-3 g fat
Falafel (spiced chickpea and wheat patties)	3 patties (2 inches across)	15 g carb, 7 g protein, 8 g fat
Hot dog, soy-based	1	8 g carb, 7 g protein, 0-3 g fat
Hummus	1/3 cup	15 g carb, 7 g protein, 8 g fat
Lentils, brown, green, or yellow	1/2 cup cooked	15 g carb, 7 g protein, 0-3 g fat
Meatless burger, soy-based	3 oz	8 g carb, 14 g protein, 0-3 g fat
Nut spreads: almond butter, cashew butter, peanut butter, soy nut butter	1 Tbsp.	7 g protein, 8 or more g fat
Dried peas: black-eyed and split peas	1/2 cup cooked	15 g carb, 7 g protein, 0-3 g fat
Refried beans, canned	1/2 cup	15 g carb, 7 g protein, 0-3 g fat
"Sausage" patties, soy-based	1	7 g protein, 4-7 g fat
Soy nuts	3/4 oz	8 g carb, 7 g protein, 4-7 g fat
Tempeh	1/4 cup	7 g protein, 4-7 g fat
Tofu	1/2 cup	7 g protein, 4-7 g fat
Tofu, light	1/2 cup	7 g protein, 0-3 g fat



# Fats

## Monounsaturated Fats

Each Serving = 0 g carbohydrate, 5 g fat, 45 calories

Avocado	2 Tbsp.	
Peanut butter, almond butter, cashew butter	1½ tsp.	
Nuts:		
Almonds or cashews	6 nuts	
Brazil	2 nuts	
Filberts (hazelnuts)	5 nuts	
Macadamia	3 nuts	
Peanuts	10 nuts	
Pecans	4 halves	
Pistachios	16 nuts	
Oils: olive oil, canola oil, peanut oil	1 tsp.	
Olives	8-10 large	

## Polyunsaturated Fats


Each Serving = 0 g carbohydrate, 5 g fat, 45 calories

Margarine, reduced-fat, (avoid trans-fats)	1 Tbsp.
Margarine regular: stick, tub, or squeeze (avoid trans-fats)	1 tsp.
Mayonnaise:	
Reduced-fat	1 Tbsp.
Regular	1 tsp.
Nuts:	
Pignolia (pine nuts)	1 Tbsp.
Walnuts	4 halves
Oils: corn, flax, grape seed, safflower, soybean, sunflower	1 tsp.
Salad dressing	1 Tbsp.
Seeds: flax, pumpkin, sunflower, sesame	1 Tbsp.
Tahini, sesame paste	2 tsp.



## Saturated Fats

Each Serving = 0 g carbohydrate, 5 g fat, 45 calories

Bacon, cooked	1 slice	
Butter: Regular Stick	1 tsp.	
Reduced-fat	1 Tbsp.	
Whipped	2 tsp.	
Butter blends made with oil		
Reduced-fat or light	1 Tbsp.	
Regular	1½ tsp.	
Chitterlings, boiled	2 Tbsp.	
Cream		
Half and half	2 Tbsp.	
Heavy	1 Tbsp.	
Light	1½ Tbsp.	
Whipped	2 Tbsp.	
Whipped, spray can	1/4 cup	
Cream cheese		
Reduced-fat	1½ Tbsp.	
Regular	1 Tbsp.	
Lard	1 tsp.	
Oil: coconut, palm, palm kernel	1 tsp.	
Salt pork	1/4 oz	
Shortening, solid	1 tsp.	
Sour cream		
Reduced-fat or light	3 Tbsp.	
Regular	2 Tbsp.	

Saturated fats are not heart healthy: limit intake.

Compiled from: Choose Your Foods: Exchange Lists for Diabetes  
American Dietetic Association and American Diabetes Association, 2008