

Exchange List Outline

Your guide to carbohydrate counting and meal planning

What is a Choice or Exchange?

A carbohydrate choice or exchange is equal to 15 grams of carbohydrate. By looking at the nutrition label you can determine how many carb choices there are in food.

Below is a general guideline for planning a balanced meal. Your nutritionist will work with you to develop a meal plan that meets your individual needs and helps keep your glucose stable.

	Inactive* Women	Active** Women	Inactive Men	Active Men
Carbohydrate per Meal	15-30 grams (1-2 carb choices)	30-45 grams (2-3 carb choices)	30-45 grams (2-3 carb choices)	45-60 grams (3-4 carb choices)

* Inactive means less than 30 minutes of exercise per day

** Active means greater than 30 minutes of exercise per day

• Reading Labels

Serving Size / Servings Per Container

Pay close attention to the serving size to determine how much you can eat based on your meal plan

Total Carbohydrate

Check out the total carbohydrate in 1 serving. Controlling your carbohydrates is the key to improving your blood sugar levels.

Sugars

Sugars are included as part of the total carbohydrate and don't need to be counted!

Fiber

If a food contains more than 5 grams of fiber, you may be able to subtract the amount of fiber from the total grams of carbohydrate. Some people may be instructed to not subtract fiber from the total grams of carbohydrate. Ask your nutritionist for advice.

Nutrition Facts	
16 servings per container	
Serving size	1 Tbsp. (21g)
Amount per serving	
Calories	60
<small>% Daily Value*</small>	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Total Sugars 17g	
	34%†

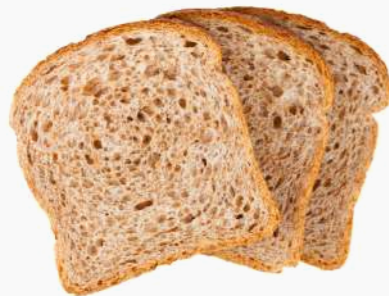

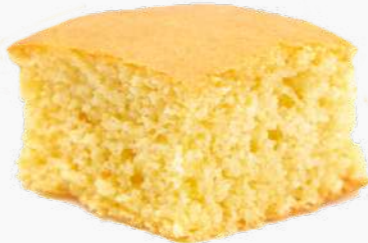









• Quick Counting Guide

Carb Choices	1	1.5	2	2.5	3	3.5	4	4.5	5
Grams of Total Carbohydrate	11 - 20	21 - 25	26 - 35	36 - 40	41 - 50	51 - 55	56 - 65	66 - 70	71 - 80

Carbohydrate Choices

- Starches

(1 choice = 15 grams of carbohydrate, 3 grams of protein, 0-1 grams fat, 80 calories)

Bread			
 <p>White/wheat bread 1 slice (1 oz)</p>	 <p>Bagel 4 oz ¼</p>	 <p>Cornbread 2" square</p>	 <p>Dinner roll 1 oz</p>
 <p>English muffin ½ (1 oz)</p>	 <p>French toast 1 slice</p>	 <p>Hamburger bun ½ (1 oz)</p>	 <p>Muffin 1 small</p>
 <p>Pancake 4 inch 1</p>	 <p>Pita pocket 6 inch ½</p>	 <p>Tortilla 6 inch 1</p>	 <p>Waffle 4 inch 1</p>

Crackers and Snacks



Animal crackers

8



Baked chips

15 - 20



Cheez-Its

27



Goldfish

45



Graham crackers

3 squares



Popcorn

3 cups



Potato chips

9 - 13



Pretzels

3/4 OZ



Rice cakes

4 inch 2



Saltine crackers

6



Triscuits

5



Whole wheat cracker

2 - 5

Cereal



Bran Cereal

1/2 cup



Corn flakes

3/4 cup



Granola

1/4 cup



Old fashioned oats,
cooked

1/2 cup



Instant oatmeal

1 package



Puffed cereal

1 1/2 cup



Raisin bran

1/3 cup



Sugar-frosted cereal

1/2 cup



Unsweetened cereal

3/4 cup



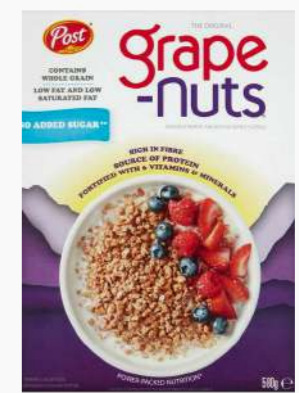
Cream of Wheat, cooked

1/2 cup



Shredded wheat,
plain

1/2 cup



Grape nuts

1/8 cup

Beans and Lentils



Baked beans

1/3 cup



Whole beans

1/2 cup



Refried beans

1/2 cup



Lentils

1/2 cup

Pasta and Grains



Old fashioned oats

½ cup, cooked



Pasta

⅓ cup, cooked



Brown & White rice

⅓ cup, cooked



Quinoa

⅓ cup, cooked

Starchy Vegetables



Beets

1 cup



Corn

½ cup



French fries

10



Steak fries

6



Parsnips

½ cup



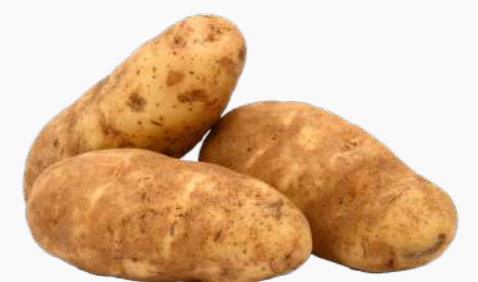
Peas

½ cup



Plantains

½ cup



Potato baked with skin

¼ large (3 oz)



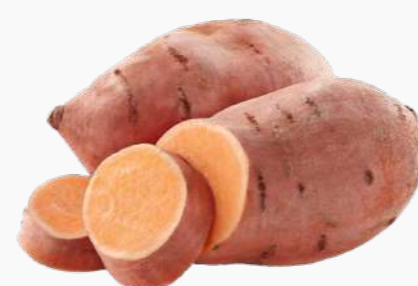
Potato, mashed

½ cup



Squash (winter)

½ cup



Sweet potato or yam

½ cup



Mixed frozen veggies

½ cup

• Fruit

1 choice = 15 grams of carbohydrate, 60 calories

 <p>Apple</p> <p>1 small</p>	 <p>Banana</p> <p>4 inch 1</p>	 <p>Blueberries, blackberries</p> <p>$\frac{3}{4}$ cup</p>	 <p>Canned fruit, unsweetened</p> <p>$\frac{1}{2}$ cup</p>
 <p>Cantaloupe</p> <p>1 cup</p>	 <p>Cherries</p> <p>12 to 15</p>	 <p>Dates</p> <p>3</p>	 <p>Figs</p> <p>1 large (3 oz)</p>
 <p>Fruit cocktail</p> <p>$\frac{1}{2}$ cup</p>	 <p>Grapefruit</p> <p>$\frac{1}{2}$ large (6 oz)</p>	 <p>Grapes</p> <p>12 to 15</p>	 <p>Honeydew</p> <p>1 cup</p>
 <p>Kiwi</p> <p>1</p>	 <p>Mandarin oranges (canned)</p> <p>$\frac{3}{4}$ cup</p>	 <p>Nectarine</p> <p>1</p>	 <p>Orange</p> <p>1 small (6 oz)</p>



Peach

1 medium



Pear

1/2 large



Pineapple

3/4 cup



Plums

2 small (5 oz)



Raisins

2 Tbsp.



Raspberries

1 cup



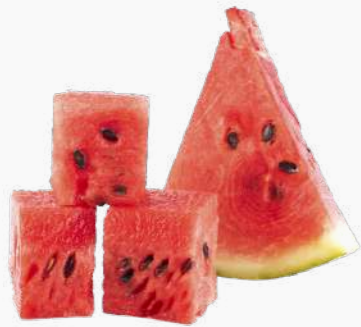
Strawberries

1 cup



Tangerine

2



Watermelon (cubed)

1 cup



Apple Juice

1/2 cup (4 oz)



Cranberry Juice

1 cup



Grape Juice

1/3 cup (3 oz)



Grapefruit Juice

1/2 cup (4 oz)



Peach Juice

1/3 cup (3 oz)



Pear Juice

1/3 cup (3 oz)



Pineapple Juice

1/2 cup (4 oz)



Prune Juice

1/3 cup (3 oz)



Orange Juice

1/2 cup (4 oz)



Diet V8 Splash

5 cups



















Regular V8/ Tomato juice

1 1/2 cup

• Other Carbohydrate Choices

(1 choice = 15 grams of carbohydrate)

 <p>Brownie</p> <p>2 inch 1</p>	 <p>Cake, no icing</p> <p>2 inch 1 piece</p>	 <p>Casserole</p> <p>½ cup</p>	 <p>Chocolate syrup</p> <p>2 Tbsp.</p>
 <p>Cocoa mix</p> <p>1 envelope</p>	 <p>Cookie with cream filling</p> <p>2 small</p>	 <p>Coffee creamer</p> <p>2 Tbsp</p>	 <p>Donut, glazed</p> <p>½</p>
 <p>Frozen yogurt</p> <p>⅓ cup</p>	 <p>Frozen yogurt, sugar-free</p> <p>½ cup</p>	 <p>Frozen fruit juice bars</p> <p>1 bar</p>	 <p>Fruit snacks</p> <p>1 small bag</p>
 <p>Gatorade</p> <p>1 cup</p>	 <p>G-2 Gatorade</p> <p>2 cups</p>	 <p>Gingersnaps</p> <p>3</p>	 <p>Granola bar</p> <p>1 cup</p>



Honey

1 Tbsp.



Ice cream

1/2 cup



Jam, jelly

1 Tbsp.



Jello

1/2 cup



Jelly beans

9



Meal replacement bar

1/2 bar



Sugar-Free Pudding

1/2 cup



Pumpkin pie

1/16 of a pie



Pizza piece, thin crust

1 slice



Potato chips

12-18 chips



Tortilla chips

9-13 chips



Trail mix

1 oz



Salad dressing

1/4 cup



Sherbet

1/4 cup



Soup

1 cup



Soda

1/2 can



Spaghetti sauce

1/2 cup



V-8 or tomato juice

1 1/2 cup



Lifesavers/
Hard candy

8 each



100-Calorie
Snack Packs



1

• **Non-Starchy Vegetables**

(1 choice = 5 grams of carbohydrate, 25 calories)

A choice or serving is ½ cup of cooked vegetables or 1 cup of raw vegetables. A serving of vegetables at a meal or snack does not have to be counted as part of your carbohydrate allotment.

 <p>Artichokes</p>	 <p>Asparagus</p>	 <p>Beans (green, wax)</p>	 <p>Bean sprouts</p>
 <p>Beets</p>	 <p>Broccoli</p>	 <p>Brussel sprouts</p>	 <p>Cabbage</p>
 <p>Carrots</p>	 <p>Cauliflower</p>	 <p>Celery</p>	 <p>Collard Greens</p>
 <p>Cucumbers</p>	 <p>Eggplant</p>	 <p>Green onions</p>	 <p>Jicama</p>
 <p>Kohlrabi</p>	 <p>Leeks</p>	 <p>Mushrooms</p>	 <p>Okra</p>

 Onions	 Pea pods	 Peppers	 Radishes
 Salad greens, lettuce	 Spinach	 Tomatoes	 Turnips
 Water chestnuts	 Yellow squash	 Zucchini	 Bamboo shoots

• **Milk and Milk Substitutes**

(1 choice = 12-15 grams of carbohydrate, 8 gram protein, 1-8 grams fat, 90 to 150 calories)

Almond milk, sweetened 1 cup	Cashew milk 1.5 cup	Coconut Milk, Sweetened 1.5 cup	Cow's milk 1 cup
Chocolate milk 1/2 cup	Goat's milk 1 cup	Hemp Milk 3/4 cup	Oat milk 1 cup
Rice milk, plain 1 cup	Soy milk, plain 1 cup	Yogurt, flavored greek 1 cup	Yogurt, light or plain 1 cup

• Protein

(1 choice = 0 grams carbohydrate, 7 grams protein, 3-8 grams of fat, 50-100 calories)

A serving of protein is 1 ounce.

Meat



Beef



Beef Jerky



Canned tuna



Chicken



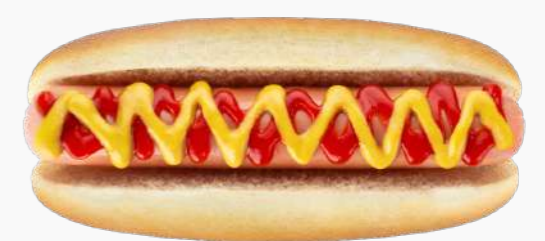
Crab



Deli lunch meats



Fish



Hot dogs



Lamb



Pork



Seafood



Shellfish



Shrimp



Turkey



Veal



Wild game

Meat substitutes



Bacon strips (soy)

3 strips



Chicken nuggets (soy)

2



Cottage cheese

1/4 cup



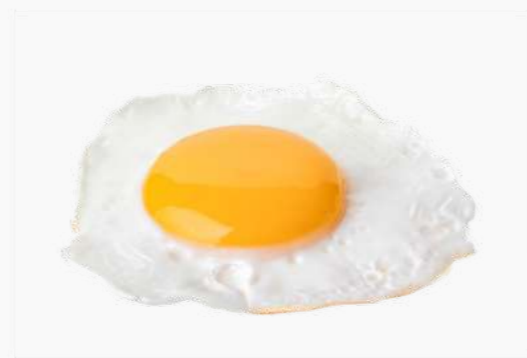
Cheese

1 oz



Edamame

1/2 cup



Egg

1



Falafel

3 patties



Greek yogurt, plain

1/2 cup



Hummus

1/3 cup



Lentils

1/2 cup



Meatless burger

03 oz



Nuts

1/4 cup



Peanut butter

1 Tbsp.



Soy nuts

3/4 cup



Tempeh

1/4 cup



Tofu

1/2 cup

• Fat

(1 choice = 0 grams of carbohydrate, 5 grams of fat, 45 calories)

 <p>Avocado</p> <p>2 Tbsp</p>	 <p>Bacon</p> <p>Medium slice</p>	 <p>Butter</p> <p>1 Tbsp</p>	 <p>Cheese sauce</p> <p>2 Tbsp</p>
 <p>Coconut oil</p> <p>1 Tbsp</p>	 <p>Cream cheese</p> <p>1 Tbsp</p>	 <p>Cream cheese, reduced fat</p> <p>2 Tbsp</p>	 <p>Cream, half and half</p> <p>2 Tbsp</p>
 <p>Margarine</p> <p>1 Tbsp</p>	 <p>Mayonnaise</p> <p>1 Tbsp</p>	 <p>Mayonnaise, reduced-fat</p> <p>1 Tbsp</p>	 <p>Nut butters</p> <p>1 Tbsp</p>
 <p>Nuts</p> <p>¼ C (6 nuts)</p>	 <p>Peanuts</p> <p>¼ C (10 nuts)</p>	 <p>Oil</p> <p>1 tsp</p>	 <p>Olives</p> <p>1 oz</p>



Salad dressing

1 Tbsp



Pumpkin Seeds

¼ C (1 oz)



Sour cream tuna

2 Tbsp



Sour cream,
reduced fat

3 Tbsp



Cream/Half and half

2 Tbsp



Seeds (sunflower, flax)

¼ C (1 oz)



Shortening

1 Tbsp



Tahini

2 Tbsp