



Exchange Diet

MILK LIST:

(12g carbohydrate, 8g protein, 80 cal)

A milk exchange is a serving of food equivalent to 1 cup of skim milk in its energy nutrient content.

Nonfat fortified milk

- 1c skim or nonfat milk
- 1c buttermilk made from skim milk
- 1c yogurt made from skim milk (plain, unflavored)
- 1/3c powdered, nonfat dry milk, before adding liquid
- 1/2c canned evaporated skim milk, before adding liquid

Low-fat fortified milk

- 1c 1% fat fortified milk (add ½ fat exchange)
- 1c 2% fat fortified milk (add 1 fat exchange)
- 1c yogurt made from 2% fortified milk (plain, unflavored) (add 1 fat exchange)

Whole milk (add 2 fat exchanges)

- 1c whole milk
- 1c buttermilk made from whole milk
- 1c yogurt made from whole milk (plain, unflavored)
- 1/2c canned evaporated whole milk, before adding liquid



BREAD LIST:

A bread exchange is a serving of bread, cereal, or starchy vegetable.
(15 g carbohydrate, 2 g protein, 70 cal)

Bread

1 slice	white (including French and Italian)
1 slice	whole-wheat
1 slice	rye or pumpernickel
1 slice	raisin
1 half	small bagel
1 half	small English muffin
1	plain roll, bread
1 half	frankfurter roll
1 half	hamburger bun
1 tbsp	dried bread crumbs
1 6-in	tortilla

Cereal

1/2c	bran flakes
3/4c	other ready-to-eat cereal, unsweetened
1c	puffed cereal, unfrosted
1/2c	cereal, cooked
1/2c	grits, cooked
1/2c	rice or barley, cooked
1/2c	pasta, cooked (spaghetti, noodles, or macaroni)
3c	popcorn, popped, no fat added
2 tbsp	cornmeal, dry
2½ tbsp	flour
1/4c	wheat germ

Crackers

3	arrowhead
2	graham, 2½-in square
1 half	matzo, 4 x 6 in
20	oyster
25	pretzels, 3 1/8-in long x 1/8-in diameter
3	rye wafers, 2 x 3½-in
6	saltines
4	soda, 2½-in square



Dried beans, peas and lentils

- 1/2c beans, peas, lentils, dried and cooked
- 1/4c baked beans, no pork, canned

Starchy vegetables

- 1/3c corn
- 1 small corn on cob
- 1/2c lima beans
- 2/3c parsnips
- 1/2c peas, green, canned, or frozen
- 1 small potato, white
- 1/2c potato, mashed
- 3/4c pumpkin
- 1/2c squash (winter, acorn, or butternut)
- 1/4c yam or sweet potato

Prepared foods

These foods contain more fat than bread. When calculating, add fat exchanges as indicated. (one fat exchange = 5 g fat)

- 1 biscuit, 2-in diameter (add 1 fat exchange)
- 1 corn bread, 2 x 2 x 1 in (add 1 fat exchange)
- 1 corn muffin, 2-in diameter (add 1 fat exchange)
- 3 crackers, round butter type (add 1 fat exchange)
- 1 muffin, plain, small (add 1 fat exchange)
- 8 potatoes, french fried, 2 x 3¼ in (add 1 fat exchange)
- 15 potato chips or corn chips (add 2 fat exchanges)
- 1 pancake, 5 x ½ in (add 1 fat exchange)
- 1 waffle, 5 x ½ in (add 1 fat exchange)



MEAT LIST:

A meat exchange is a serving of protein-rich food that contains negligible carbohydrate but a significant amount of protein and fat, roughly equivalent to the amounts in 1 oz. of lean meat; contains about 55 cal. (7 g protein, 3 g fat + variable added fat; 55 cal + calories added for fat)

Low-fat meat

1 oz	Beef—baby beef (very lean), chipped beef, chuck, flank steak, tenderloin, plate ribs, plate skirt steak, round (bottom, top), all cuts rump, spareribs, tripe
1 oz	Lamb—leg, rib, sirloin, loin (roast and chops), shoulder, shank
1 oz	Pork—leg (whole rump, center shank), ham, smoked (center slices)
1 oz	Veal—leg, loin, rib, shank, shoulder, cutlets
1 oz	Poultry—meat-without-skin of chicken, turkey, Cornish hen, guinea hen, pheasant
1 oz	Fish—any fresh or frozen
1/4c	canned salmon, tuna, mackerel, crab, lobster
5 (or 1 oz)	clams, oysters, scallops, shrimp
3	sardines, drained
1 oz	cheese, containing less than 5% butterfat
1/4c	cottage cheese, dry and 2% butterfat
1/2c	dried beans and peas (add 1 bread exchange)

Medium-fat meat (add ½ fat exchange)

1 oz	Beef—ground (15% fat), corned beef (canned), rib eye, round (ground commercial)
1 oz	Pork—loin (all cuts tenderloin), shoulder arm (picnic), shoulder blade, Boston butt, Canadian bacon, boiled ham
1 oz	liver, heart, kidney, sweetbreads (high in cholesterol)
1/4c	cottage cheese, creamed
1 oz	Cheese—mozzarella, ricotta, farmer's cheese, Neufchatel
3tbsp	parmesan cheese
1	egg (high in cholesterol)

**High-fat meat (add 1 fat exchange)**

1 oz	Beef—brisket, corned beef (brisket), ground beef (more than 20% fat), hamburger (commercial), chuck (ground commercial), roasts (rib), steaks (club and rib)
1 oz	Lamb—breast
1 oz	Pork—spare ribs, loin (back ribs), pork (ground), country-style ham, deviled ham
1 oz	Veal—breast
1 oz	Poultry—capon, duck (domestic), goose
1 oz	cheddar-type cheese
1 slice	cold cuts, 4½ x 1/8-in
1 small	frankfurter

Peanut butter

2 tbsp	peanut butter (add 2½ fat exchange)
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Fast Foods

Most fast foods are for variable exchanges and have other exchanges added.

Hamburger	(1 high-fat meat, 2 bread, 260 cal)
Cheeseburger	(1½ high-fat meat, 2 bread, 360 cal)
Quarter Pounder	(3 high-fat meat, 2 bread, 420 cal)
Quarter Pounder w/ cheese	(4 high-fat meat, 2 bread, 520 cal)
Big Mac	(3 high-fat meat, 2½ bread, 1½ bread, 1 fat, 540 cal)
Egg McMuffin	(2 high-fat meat, 1½ bread, 1 fat, 350 cal)
Pork sausage	(1 high-fat meat, 1½ fat, 185 cal)

**FAT LIST:**

A fat exchange is a serving of food that contains negligible carbohydrate and protein but appreciable fat; totaling 45 cal.

(5 g fat, 45 cal)

Polyunsaturated fat

1 tsp	margarine (soft, tub, or stick)
1/8	avocado (4-in diameter)
1 tsp	Oil—corn, cottonseed, safflower, soy, sunflower
1 tsp	Oil, olive*
1 tsp	Oil, peanut*
5 small	olives*
10 whole	almonds*
2 large whole	pecans*
20 whole	peanuts, Spanish*
10 whole	peanuts, Virginia*
6 small	walnuts
6 small	nuts, other*

*fat content is primarily monounsaturated

Saturated fat

1 tsp	margarine, regular stick
1 tsp	butter
1 tsp	bacon fat
1 strip	bacon, crisp
2 tbsp	cream, light
2 tbsp	cream, sour
1 tbsp	cream, heavy
1 tbsp	cream cheese
1 tbsp	French dressing**
1 tbsp	Italian dressing**
1 tsp	lard
1 tsp	mayonnaise**
2 tsp	salad dressing, mayonnaise type**
3/4-in cube	salt pork

**if made with corn, cottonseed, soy, or sunflower oil, can be assumed to contain polyunsaturated fat



UNLIMITED FOODS

(no cals)

diet calorie-free beverages
coffee
tea
bouillon without fat
unsweetened gelatin
unsweetened pickles
salt and pepper
red pepper
paprika
garlic
celery salt
parsley

nutmeg
lemon
mustard
chili powder
onion salt or powder
horseradish
vinegar
mint
cinnamon
lime
raw vegetables—chicory, Chinese cabbage
endive, escarole, lettuce, parsley, radishes,
watercress

**VEGETABLE LIST:**

(5 g carbohydrate, 2 g protein, 25 cal)

A vegetable exchange is a serving of a vegetable that contains energy nutrients listed above.

½c	asparagus
½c	bean sprouts
½c	beets
½c	broccoli
½c	brussels sprouts
½c	cabbage
½c	carrots
½c	cauliflower
½c	celery
½c	cucumbers
½c	eggplant
½c	green pepper
½c	beet greens
½c	chards
½c	collard greens
½c	dandelion greens
½c	kale
½c	mustard greens
½c	spinach
½c	turnip greens
½c	mushrooms
½c	okra
½c	onions
½c	rhubarb
½c	rutabaga
½c	sauerkraut
½c	string beans, green or yellow
½c	summer squash
½c	tomatoes
½c	tomato juice
½c	turnips
½c	vegetable juice cocktail
½c	zucchini
½c	beansprouts, soy
½c	lotus root (1/3 segment)
½c	waterschestnut
½c	yam bean root



FRUIT LIST:

A fruit exchange is a serving of fruit that contains about 10 g of carbohydrate and 40 cal. The protein and fat content of fruit is negligible.

1 small	apple
1/3 c	apple juice
1/2 c	applesauce (unsweetened)
2 medium	apricots, fresh
4 halves	apricots, dried
1/2 small	banana
1/2 c	blackberries
1/2 c	blueberries
1/4 small	cantaloupe melon
10 large	cherries
1/3 c	cider
2	dates
1	fig, fresh
1	fig, dried
1 half	grapefruit
1/2 c	grapefruit juice
12	grapes
1/4 c	grape juice
1/8 medium	honeydew melon
1/2 small	mango
1 small	nectarine
1 small	orange
1/2 c	orange juice
3/4 c	papaya
1 medium	peach
1 small	pear
1 medium	persimmon (native)
1/2 c	pineapple
1/3 c	pineapple juice
2 medium	plums
2 medium	prunes
1/4 c	prune juice
1/2 c	raspberries
2 tbsp	raisins
3/4 c	strawberries
1 medium	tangerine
1 c	watermelon