

Diabetic Food Exchange List

Starch List

Each item on this list contains approximately 15 grams of carbohydrate, 3 grams of protein, a trace of fat and 80 calories. Whole grain products average about 2 grams of fiber per serving. As a general rule, ½ cup of cooked cereal, grain or starchy vegetable, ¼ cup cooked rice or pasta, ¼ to 1 ounce of most snack foods and 1 ounce of a bread product equal one serving.

Dried Beans/Peas/Lentils	Bread-white, wheat, rye, raisin.....1 slice (1 oz)
Beans and peas, cooked (such as kidney, white, lima, split, black-eyed).....½ cup	English muffin.....½ muffin
Baked beans.....½ cup	Frankfurter or hamburger bun.....½ bun (¾ oz)
Lentils, cooked.....½ cup	Pancake, 4 inches across.....1
Starchy Vegetables	Pita, 6 inches across.....½ pita
Corn.....½ cup	Plain roll, small.....1 small roll (1 oz)
Corn on the cob, 6-inch.....1	Tortilla, (corn, white or wheat).....1
Peas, green.....½ cup	6 inches across.....1 tortilla
Potato, baked or broiled.....1 small (3 oz)	Waffle, 4-inch square.....1 waffle
Potato, French-fried, oven-baked.....1 cup (2 oz)	Crackers/Snacks
Potato, mashed.....½ cup	Animal crackers.....8 crackers
Squash, winter (acorn, butternut).....1 cup	Graham crackers, 2½ inches.....3 crackers
Yam, sweet potato, plain.....½ cup	Granola.....1 bar or ¼ cup
Baked beans.....½ cup	Matzo.....¾ oz
Cereals/Grains/Pasta	Melba toast.....4 pieces
Bran cereal.....½ cup	Oyster crackers.....20 crackers
Bulgur.....½ cup	Popcorn (popped, no fat added).....3 cups
Cooked cereals.....½ cup	Pretzels.....¾ oz
Cornbread.....1½ oz	Rice cakes, 4 inches across.....2 cakes
Grits, cooked.....½ cup	Saltine-type crackers.....6 crackers
Cereals, ready-to-eat unsweetened.....¾ cup	Whole wheat crackers (baked).....5 regular or 10 thins (¾ oz)
Cereals, sugar-coated.....½ cup	Starchy Foods Prepared With Fat
Pasta, cooked.....½ cup	(Count as 1 starch/bread serving plus 1 fat serving.)
Puffed cereal.....1½ cups	Rice, white or brown (cooked).....½ cup
Rice, white or brown (cooked).....½ cup	Shredded wheat.....1 cup
Wheat germ.....3 tablespoons	Whole wheat crackers, cheese/peanut butter.....3 crackers
Bread	
Bagel.....¼ large bagel (1 oz)	
Bread, reduced-calorie, light.....2 slices (1½ oz)	

Fruit List

Each item on this list contains about 15 grams of carbohydrate and 60 calories. Fresh, frozen and dry fruits are good sources of fiber per serving. Fruit juices contain very little dietary fiber.

Use fresh fruits or frozen or canned fruits without added sugar. Unless stated otherwise, the serving size for one fruit choice may include one of the following:

- 1 small fresh fruit (¾ to 1 cup)
- ½ cup of canned or frozen fruit or fruit juice
- ½ cup (2 tablespoons) of dried fruit

Apple (raw, 2 inches across).....1 apple (4 oz)	Grapefruit (large).....½ fruit
Applesauce (unsweetened).....½ cup	Grapefruit, segments.....¾ cup
Apricots (medium, raw).....4 apricots	Honeydew (cubes).....1 cup
Apricots (canned).....½ cup	Kiwi (sliced).....½ cup
Banana (extra small).....1 banana (4 oz)	Mandarin oranges.....½ cup
Blackberries (raw).....1 cup	Mango (small).....½ mango or ¼ cup
Blueberries (raw).....¾ cup	Nectarine (small).....1 nectarine
Cantaloupe (cubes).....1 cup	Orange (medium).....1 orange
Cherries (large, raw).....12 cherries	Peach (medium).....1 peach (6 oz)
Cherries (canned).....½ cup	Peaches (canned).....½ cup
Figs (raw).....1½ large or 2 medium	Pear.....½ large pear (4 oz)
Fruit cocktail (canned).....½ cup	Prunes.....3 medium
Pears (canned).....½ cup	Raisins.....2 tablespoons
Pineapple (raw).....¾ cup	Fruit Juices
Pineapple (canned).....½ cup	Apple juice/cider.....½ cup
Plums (small).....2 plums	Cranberry juice, 100% juice, no sugar added.....½ cup
Raspberries (raw).....1 cup	Grapefruit juice.....½ cup
Strawberries (raw, whole).....1½ cups	Fruit juice blends, 100% juice.....½ cup
Tangerine (large).....1 fruit	Grape juice.....¾-cup
Watermelon, cubes.....1¼ cups	Orange juice.....½ cup
Dried Fruit	Pineapple juice.....½ cup
Apples.....4 rings	Prune juice.....½-cup
Apricots.....8 halves	
Dates.....3 small	
Figs.....3 small	

Milk List

Each serving of milk or milk product on this list contains about 12 grams of carbohydrate and 8 grams of protein. Calories vary depending on the amount of fat in the kind of milk you choose. The list is divided into fat-free (skim) and low-fat milk (1%), reduced-fat milk (2%) and whole milk.

Fat-Free (Skim) and Low-Fat Milk (1%)	Reduced-Fat Milk (2%)
(One exchange contains 12 grams of carbohydrate, 8 grams of protein, 0-3 grams of fat and 100 calories.)	(One exchange contains 12 grams of carbohydrate, 8 grams of protein, 5 grams of fat and 120 calories.)
Milk.....1 cup	Milk.....1 cup
Buttermilk.....1 cup	Yogurt, plain.....¾ cup
Evaporated skim milk.....½ cup	Whole Milk
Dry nonfat milk.....½ cup	(One exchange contains 12 grams of carbohydrate, 8 grams of protein, 8 grams of fat and 150 calories.) Limit choices from the whole milk category as much as possible.
Yogurt, plain or Greek.....¾ cup (6 oz)	Milk.....1 cup
Fruit-flavored yogurt with aspartame or non-nutritive sweetener.....¾ cup	Evaporated milk.....½ cup
	Goat's milk.....1 cup

Other Carbohydrate List

Foods in this list can be substituted for foods from the starch, fruit or milk lists. Some will also count as one or more fat exchanges.

Food	Serving Size	Exchanges Per Serving
Angel food cake, unfrosted.....	½ cake (about 2 oz).....	2 carbohydrates
Brownie, small, unfrosted.....	1¼" square (about 1 oz).....	1 carbohydrate, 1 fat
Cake, unfrosted.....	2" square (about 1 oz).....	1 carbohydrate, 1 fat
Cake, frosted.....	2" square (about 2 oz).....	2 carbohydrates, 1 fat
Cookie, chocolate chip.....	2 cookies (2¼" across).....	1 carbohydrate, 2 fats
Doughnut, plain cake.....	1 medium.....	1½ carbohydrates, 2 fats
Doughnut, glazed.....	1 (¾" across).....	2 carbohydrates, 2 fats
Fruit spreads, 100% fruit.....	1½ tablespoons.....	1 carbohydrate
Gelatin, regular.....	½ cup.....	1 carbohydrate
Ice cream.....	½ cup.....	1 carbohydrate, 2 fats
Ice cream, light.....	½ cup.....	1 carbohydrate, 1 fat
Ice cream, fat-free.....	½ cup.....	1½ carbohydrates
Ice cream, no sugar added.....	½ cup.....	1 carbohydrate, 1 fat
Pie, fruit, 2 crusts.....	⅙ of 8-inch pie.....	3 carbohydrates, 2 fats
Pie, pumpkin or custard.....	⅙ of 8-inch pie.....	1½ carbohydrates, 1½ fats
Pudding, regular, with reduced-fat milk.....	½ cup.....	2 carbohydrates
Pudding, sugar-free, fat-free milk.....	½ cup.....	1 carbohydrate
Snack chips, regular.....	1 oz.....	1 carbohydrate, 2 fats
Sherbet, sorbet.....	½ cup.....	2 carbohydrates
Spaghetti sauce, canned.....	½ cup.....	1 carbohydrate
Sweet roll or Danish.....	1 pastry (2½ oz).....	2½ carbohydrates, 2 fats
Syrup, regular.....	1 tablespoon.....	1 carbohydrate
Yogurt, frozen, fat-free.....	½ cup.....	1 carbohydrate
Yogurt, low-fat with fruit.....	½ cup.....	1 carbohydrate, 1 fat-free milk