

EXCHANGE CONTENT ELEMENTS

Check the following lists to find your favorite foods. If you can't find an item, use the target values below to determine the approximate exchange. The table provides the information needed to help you classify any food using the nutrition information found on the label.

EXCHANGE CATEGORY	CARBOHYDRATE (grams)	PROTEIN (grams)	FAT (grams)	CALORIES	KILOJOULES
DAIRY	12	8	0 - 3	100	400
FAT	0	0	5	45	200
FRUIT	15	0	0	60	250
NUT	3	3	7	90	375
PROTEIN	0	23	4	135	550
STARCH	15	3	1	80	350

EXCHANGE OPTION LISTS

All items listed represent one exchange for that category. Print out or use the [Exchange Meal Combinations](#), information to create new meals.

FRUIT

All items in this list should be considered one FRUIT exchange value.

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|------------------------------------|------------------------------------|
| Apple – 1 medium | Mandarin oranges (fresh) – 2 small |
| Applesauce (unsweetened) – ½ C | Mango (cubed) – ½ C |
| Apricots – 4 medium | Nectarine – one medium |
| Banana – ½ large | Melon (cubed) - 1 C |
| Blackberry – 1 C | Orange – 1 medium |
| Blueberries – ¾ C | Granadilla – 3 small |
| Cherries – ¾ C | Peach – 1 medium |
| Clementines – 2 | Peaches (canned in juice) – ½ C |
| Cranberry (dried) – 20g | Pear – 1 small |
| Date, pitted; (Medjool) – 2 medium | Pear (Asian) – 1 small |
| Fig (fresh) – 2 medium | Pears (canned in water) – ½ C |
| Grapefruit – ½ large | Pineapple (fresh, chopped) – ¾ C |
| Grapes – 1 C | Plum – 2 small |
| Guava – 2 medium | Pomegranate – ¼ medium |
| Kiwi – 1 medium | Prunes (dried) – 3 medium |
| Kumquat (Cumquat) – 4 medium | Raspberries – 1C |



EXCHANGE LISTS

Rhodes Peach slices in fruit juice – 150g

Star fruit or Carambola – 2 medium

Strawberries – 10 large

Tangerine – 2 small

Tangerine (canned) – 2/3 cup

Watermelon – 1 C (chopped)

STARCH

All items in this list should be considered one STARCH exchange value.

HOT AND COLD CEREALS

Ace Super Maize Meal (uncooked) - 20g
All Bran Flakes cereal - 30g
All Bran High Fibre cereal - 30g
Bokomo Oat-Bix – 1x biscuit
Cheerios® – ¾ C
Futurelife Smart Food (any flavour) - 25g
Futurelife High Protein Smart food (any flavour) - 25g
Futurelife Crunch Smart Food (any flavour) - 25g
Jungle UL+RA Energy Oats cereal – 25g
Kellogg's All Bran Wheat Flakes – ¾ C
Mabele Meal (uncooked) - 25g
Nutrific cereal - 1x biscuit

NutriStart Oats cereal – 25g
Oats (cooked) – ½ C
Pronutro Original cereal - 25g
Weetbix cereal - 1x biscuit
Woolworths Special Choice cereal with berries - 20g
Woolworths Slimmers Choice mixed berry breakfast bars - 25g
Woolworths Slimmers Choice Baked Muesli - 20g
Woolworths Slimmers Choice Swiss Muesli - 25g
Woolworths Slimmers Choice Cranberry and Cherry cereal - 20g

GRAINS

Barley (cooked) – 1/3 C
Brown rice (cooked)* – 1/3 C
Bulgur wheat (cooked) – ½ C
English muffin, whole wheat – ½ whole
Gluten free bread* – 1 slice
Quinoa (cooked)* – 1/3 C
Samp (cooked)* – ½ C
Tortilla, corn (15cm)* – 2

Tortilla, whole wheat (20cm) – ½
Whole wheat bread – 1 slice
Whole wheat couscous (cooked) – ½ C
Whole wheat pita – ½ a pita (55g)
Whole wheat spaghetti (cooked) – ½ C
Wild rice (cooked)* – ½ C
Woolworths CarbClever cauliflower mash – 120g
Woolworths Slimmer's Choice Multiseed wrap -1x

SNACKS

Bakers Rye Crackerbread - 2x biscuits
Bakers Digestive biscuits - 2x biscuits
Bakers Wholewheat Provitas - 4x biscuits
Corn Thins (3)
Crackermate Lite – 4 crackers
Iwisa Samp (uncooked) - 20g
Nairn's Oatcakes – 2x biscuits
Nature Valley® Crunchy Granola Bar – 1bar
Popcorn, air popped* – 2½ C
Phyotts Rice Crackers (12)
Pita Chips - 25g
Rice Cake* (plain) – 15g (1)
Rice cakes* (plain, brown rice) – 2 cakes
Woolworths Slimmer's Choice Mixed Vegetable
crisps. Sea Salted – 20g
Woolworths Slimmer's Choice Sweet Potato
crisps. Sea Salted – 20g

SNACKS - Continued

Ryevita Crunch sesame rye - 2x slices
Ryevita Crunch Light Rye - 2x slices
Special K Original Bar – 23g (1 bar)
Weigh-Less yoghurt coated rice cakes - 2x

Woolworths Rice Crackers, flavoured - 15g
Wheatsworth wheat crackers (sesame & Barley)
- 3x biscuits

STARCHY VEGETABLES

Artichoke* – ¾ C
Baked beans in tomato sauce - 80g
Beetroot (not pickled)* – 1 C
Beets (pickled) – ½ C
Black beans (cooked/canned)* – 1/3 C
Chickpeas (cooked/canned)* – 1/3C
Corn* – ½ C
Fava bean (Broad beans)* – ½ C
Garbanzo beans (cooked/canned)* – 1/3C
Green peas* – ½ C
Hummus dip* – 3 T
Jerusalem artichoke, slices* – ½ C
Kidney beans in brine - 100g
Kidney beans (cooked/canned)* – ½ C
Lentils (cooked)* – 1/3 C
Woolworths CarbClever Cauliflower wrap – 1x

Black-eyed peas (cooked/canned)* – ½ C
Broad beans (fava beans)* – ½ C
Butter beans in brine - 100g
Butternut squash (cooked)* – 1 C
Cassava (yuca root)* – ¼ C
Lima beans (cooked)* – 1/3 C
Parsnip (slices, cooked) * – ½ C
Pinto beans (cooked/canned)* – ½ C
Potato* – ½ med (85g) Potato (regular, mashed)* – ½ C
Pumpkin (mashed variety)* – 1 ½ C
Split peas* – 1/3 C
Sweet potato* – ½ med (85g)
Winter squash* – 1 C
Water chestnuts* – ½ C

*gluten-free starch exchange

NUTS

All items in this list should be considered one NUT Exchange value.

Almonds – about 12	Peanuts – about 20
Almond butter – 1 T	Pecans – 10 large halves
Cashews – about 12	Pine nuts – about 80 or 1 ½ T
Coconut (dried) – 2 T	Pistachios – about 20
Flax seed (ground) – 2 T	Sunflower seeds – 2 T
Macadamia nuts – 5-6 small	Walnuts – 4 nuts or 7 halves
Peanut butter (natural) – 1 T	Almond milk (unsweetened)- 3C

FAT

All items in this list should be considered one FAT exchange value.

MONOUNSATURATED FATS

Avocado – 2 T
Oil (olive, canola, peanut,avo) – 1t
Olives (large) – 8
Pesto – 1 T

SATURATED FATS

Butter – 1 t
Sour cream – 2 T
Coconut oil – 1 t

POLYUNSATURATED FATS

Mayonnaise – 1 ½ t
Oil (flax, soybean, etc.) – 1 t
Margarine – 1 t

DAIRY

Some high protein dairy is considered a protein and can be found in the “Protein” list.

All items in this list should be considered one DAIRY exchange value.

HARD CHEESE

Cheddar (low fat, shredded) – ½ C
Parmesan (shredded) – ¼ C
Swiss – 25g
Dairy Belle In-Shape Cheddar – 30 g
Slimmers Choice Cheddar – 30g

SEMI SOFT CHEESE

Bleu – 25g
Feta (regular or reduced fat) – ¼ C
Gouda – 25g
Mozzarella (part skim) – 25g

MILK AND YOGURT

Milk (skimmed/fat free) – 250ml
Milk (1%) – 250ml
Fat free yoghurt – 170g
Low fat yoghurt -125g

SOFT CHEESE

Brie – 25g
Cream cheese – 2 T
Cream cheese (light) – 3 T
Laughing Cow® Light – 3 wedges
Ricotta – ¼ C

VEGETARIAN DAIRY

Soy cheese (mozzarella) – 25g

Soy milk – 250ml
Soy yogurt – 170g
Coconut Milk Lite - 150 ml
Lactose free yoghurt, plain low fat – 45ml

PROTEIN

This list contains meats, high protein dairy and vegetarian choices. All items in this list should be considered one PROTEIN exchange value. *Vegetarian options are lower in protein and higher in carbohydrate.*

EGGS & HIGH PROTEIN DAIRY

- Cottage cheese (low fat) – 1/2 C
- Cottage cheese (fat free) – 3/4 C
- Eggs (whole, large) – 2
- Egg substitute – 1 C cooked 70g
- Plain, fat-free Greek Yogurt – 1 C
- Curves protein shake powder – 2 scoops

BEEF

- Filet Mignon – raw 85g, cooked 55g
- Ground beef (extra lean mince) – raw 85g, cooked 70g
- Ground beef (lean mince) – raw 85g
- Sirloin – raw 85g, cooked – 55g

VEGETARIAN PROTEIN

- Soy beans, shelled – 1/3 C
- Tempeh – cooked 1/2 C or 85g
- Tofu, regular – 170g
- Veggie burger - 1 patty

LAMB

- Lamb, boneless, lean – raw 100g
- Lamb, ground, lean – cooked 55g
- Lamb Loin (lean only) - 65g

PORK

- Ham, deli – 100g
- Pork chop, lean – 100g
- Pork loin (lean only) – raw 100g
- Pork loin (lean only) – cooked 70g

POULTRY

- Chicken breast, no skin – raw 113g
- Chicken breast, no skin – cooked 85g
- Turkey breast, no skin – raw 113g
- Turkey breast, no skin – cooked 100g
- Turkey breast, deli, sliced – 110g
- Ostrich - 85g
- Heinz Chicken in brine - 100g
- Chicken and pineapple kebabs – 2x kebabs

SEAFOOD

- Cod – raw 155g, cooked 125g
- Crab – raw 140g, cooked 110g
- Flounder (Sole) – raw 140g, cooked 110g
- Haddock – raw 140g, cooked 110g
- Halibut – raw 125g, cooked 110g
- Lobster – raw 170g, cooked 140g
- Rainbow trout – raw 110g, cooked 85g
- Salmon – raw 110g, cooked or smoked 85g
- Scallops – raw 170g, cooked 125g
- Shrimp – 170g, cooked 125g
- Tuna chunks in brine 100g
- Calamari - 100g
- John Dory - 115g s
- Kingklip – 115g, cooked

SEAFOOD (continued)

Hake – 145g, raw

Lucky Star Pilchards in tomato sauce - 130g

Lucky Star Mackerel in tomato sauce - 110g

I&J Hake fillets - 150g

I&J Flame grilled Hake fillets - 150g

I&J Haddock Fillets - 150g