

Exchange Content Elements

Check the following lists to find your favorite foods. However, if you can't find an item, you can use the information below to determine the exchange value. It provides the elements needed to help you classify any food using the Nutrition Information found on the label.

Exchange Category	Carbohydrate (grams)	Protein (grams)	Fat (grams)	Calories
FRUIT	15	0	0	60
STARCH	15	3	1	80
NUT	3	3	7	90
FAT	0	0	5	45
DAIRY	12	8	0-3	100
PROTEIN	0	23	4	135

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.

Apple – 1 medium	Mandarin oranges (fresh) – 2 small
Applesauce (unsweetened) - ½ C	Mandarin oranges (canned in juice) – ¾ C
Apricots - 4 medium	Mango (cubed) - ½ C
Banana - ½ large	Mulberry – 1 C
Blackberry – 1 C	Orange - 1 medium
Blueberries - ¾ C	Passion Fruit (granadilla) – 3 small
Cantaloupe (cubed) - 1 C	Peach - 1 medium
Carambola (Star Fruit) – 2 medium	Peaches (canned in juice) - ½ C
Cherries - ¾ C	Pear - 1 small
Clementines – 2	Pear (Asian) - 1 small
Cranberry (whole) – 1 C	Pears (canned in water) - ½ C
Date (pitted); (medjool) – 2 medium	Pineapple (fresh, chopped) - ¾ C
Date (pitted) (deglet noor) – 3 medium	Plum – 2 small
Fig (fresh) – 2 medium	Pomegranate – ¼ medium
Granadilla (Passion Fruit) – 3 small	Prunes (dried) – 3 medium
Grapefruit - ½ large	Raspberries - 1 C
Grapes - 1 C	Star fruit (Carambola) – 2 medium
Guava – 2 medium	Strawberries - 10 large
Honeydew (chopped) - 1 C	Tangerine – 2 small
Kiwi - 1 medium	Tangerine (canned) – 2/3 cup
Kumquat (Cumquat) – 4 medium	Watermelon - 1 C (chopped)

STARCH

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

Hot and Cold Cereals

- Fiber One® (original) - $\frac{2}{3}$ C
- Granola - 2 T
- Kashi® GoLean - $\frac{1}{2}$ C
- Kashi® GoLean Oatmeal - $\frac{1}{2}$ packet
- Kashi® Heart to Heart - $\frac{1}{2}$ C
- Kashi® Whole Grain Puffs - 1 C
- Oatmeal (cooked) - $\frac{1}{2}$ C

Grains

- Barley (cooked) - $\frac{1}{3}$ C
- Brown rice (cooked)* - $\frac{1}{3}$ C
- Bulgur wheat (cooked) - $\frac{1}{2}$ C
- English Muffin – whole wheat – $\frac{1}{2}$ whole
- Gluten free bread* - 1 slice
- Quinoa (cooked)* - $\frac{1}{3}$ C
- Tortilla - Corn (6") - 2
- Tortilla – Whole Wheat (8") – $\frac{1}{2}$ tortilla
- Kashi® waffle – 1
- Whole wheat bread - 1 slice
- Whole wheat couscous (cooked)- $\frac{1}{2}$ C
- Whole wheat pita (2 oz.) - $\frac{1}{2}$ a pita
- Whole wheat spaghetti (cooked)- $\frac{1}{2}$ C
- Wild rice (cooked)* - $\frac{1}{2}$ C

Snacks

- Popcorn, air popped* - $2\frac{1}{2}$ C
- Kashi® Snack crackers - 10
- Nature Valley® Crunchy Granola Bar
- Pita chips - 10
- Rice cakes (plain) - 2

Starchy Vegetables

- Acorn squash (cubed) - $\frac{1}{2}$ C
- Artichoke – $\frac{3}{4}$ C
- Beets (not pickled) - 1 C
- Beets (pickled) - $\frac{1}{2}$ C
- Broadbeans (fava beans) – $\frac{1}{2}$ C
- Butternut squash (cooked) – 1 C
- Cassava (yucca root) – $\frac{1}{4}$ C
- Corn* - $\frac{1}{2}$ C
- Cranberry (sauce) – $\frac{1}{2}$ " thick slice
- Fava bean (broadbeans) – $\frac{1}{2}$ C
- Green peas* - $\frac{1}{2}$ C
- Hummus dip* - 3 T
- Jerusalem artichoke (slices) – $\frac{1}{2}$ C
- Jícama (yambean, slices) – 1 $\frac{1}{2}$ C
- Kohlrabi (cooked) – 1 $\frac{1}{2}$ C
- Parsnip (slices, cooked) – $\frac{1}{2}$ C
- Potato (regular, mashed)* - $\frac{1}{2}$ C
- Potato (sweet, mashed)* - $\frac{1}{2}$ C
- Pumpkin (canned variety) - 1 C
- Pumpkin (mashed variety) – 1 $\frac{1}{2}$ C
- Rutabaga (mashed) – $\frac{3}{4}$ cup
- Spaghetti squash – 1 $\frac{1}{2}$ C
- Split peas – $\frac{1}{3}$ C
- Sweet potato - $\frac{1}{2}$ medium (6 oz.)
- Winter squash* - 1 C
- Water chestnuts - $\frac{1}{2}$ C
- Yam – $\frac{1}{2}$ C
- Yambean (jicama, slices) – 1 $\frac{1}{2}$ C
- Yucca root (Cassava) – $\frac{1}{4}$ C

*gluten-free starch exchange

NUTS

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

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|------------------------------------|---------------------------------------|
| Almonds - ½ oz. (about 12) | Peanuts - ½ oz. (about 20) |
| Almond butter – 1 T | Pecans - ½ oz. (10 large halves) |
| Cashews - ½ oz. (about 12) | Pine nuts - ½ oz. (about 80) |
| Coconut (dried, sweetened) – 2 T | Pistachios - ½ oz. (about 20 kernels) |
| Flax seed (ground) - 2 T | Soy nuts - ¾ oz. (3 T) |
| Macadamia nuts - ½ oz. (5-6 small) | Sunflower seeds - 2 T |
| Peanut butter (natural) - 1 T | Walnuts – ½ oz. (4 nuts or 7 halves) |

FAT

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

Monounsaturated Fats

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

Polyunsaturated Fats

- Mayonnaise - 1 ½ t
- Oil (corn, flax, soybean, etc.) - 1 t

- Smart Balance® Light - 1 T

Saturated Fats

- Butter (whipped) - 2 t
- Cream (fat free) - ¼ C
- Half & half (fat free) - ¼ C
- Sour cream - 2 T
- Sour cream (light) - 3 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 - 1 oz.
- Swiss (low fat) - 2 oz.

Soft Cheese

- Brie - 1 oz.
- Cream cheese - 2 T
- Cream cheese (light) - 3 T

- Laughing Cow® Light Swiss - 3 wedges
- Ricotta (part skim) - ¼ C

Semi Soft Cheese

- Bleu - 1 oz.
- Feta (regular or reduced fat) - ¼ C
- Monterey jack - 1 oz.
- Mozzarella (part skim) - 1 oz.
- Mozzarella string cheese - 1 oz.
- Provolone (reg or reduced fat) - 1 oz.

DAIRY (Cont.)

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.

Milk and Yogurt

- Cappuccino (nonfat) - 16 oz.
- Latte (nonfat) - 12 oz.
- Milk (skim) - 8 oz.
- Milk (1%) - 8 oz.
- Oikos® Greek Yogurt with Fruit or Honey - (4 oz)
- Stoneyfield® Yogurt - (6 oz)
- Dannon Light & Fit® - (6 oz)

Yoplait® Light Fat Free - (6 oz)

Vegetarian Dairy

- Soy cheese (mozzarella) - 1 oz.
- Soy cheese (Cheddar) - 1 oz.
- Soy milk - 1 C
- Soy milk cappuccino - 12 oz.
- Soy milk latte - 12 oz.
- Soy yogurt - 6 oz.

PROTEIN

This list contains both meats and high protein dairy items. All items in this list should be considered one PROTEIN exchange value.

Beef

- Filet mignon - 3 oz.
- Ground beef (95% lean) - 3 oz.
- Ground beef (90% lean) - 2 oz.
- Sirloin - 3 oz.

Pork

- Lean deli ham - 4 oz.
- Pork chop - 3 oz.
- Pork loin (lean only) - 3 oz.

Poultry

- Chicken breast - 4 oz.
- Chicken fajita breast strips - 3 oz.
- Deli turkey breast - 4 oz.
- Turkey breast - 3 oz.
- Ground turkey – 3 oz.

Seafood

- Crab - 4 oz.
- Mahi-mahi - 4 oz.
- Rainbow trout - 3 oz.
- Salmon - 3 oz.
- Salmon (smoked) - 4 oz.
- Scallops – 4 oz.
- Shrimp - 4 oz.
- Tilapia - 4 oz.
- Tuna (packed in water) - 3 oz.

Eggs & High Protein Dairy

- Cottage cheese (1% fat) - ¾ C
- Cottage cheese (2% fat) - ¾ C
- Curves protein shake powder -2 scoops
- Eggs (whole, large) - 2
- Egg substitute - 1 C
- Plain, nonfat Greek Yogurt – 1 C

Vegetarian Protein

Black beans (cooked) – 2/3 C
Black-eyed peas – 3/4 C
Chickpea (garbanzo beans) – 1/2 C
Edamame (edible portion) - 1/3 C
Kidney beans (cooked) - 3/4 C
Lentils (cooked) - 1/2 C
Lima beans - 3/4 C
Pinto beans (cooked) - 3/4 C
Soy beans (edible portion) - 1/3 C
Tempeh (cooked) - 1/2 C or 3 oz.
Tofu (regular) - 6 oz.
Veggie burger - 1 1/2 patties
Veggie “chik’n” patty - 1 patty
Veggie hot dogs - 1 1/2 links
Veggie sausage links - 3 link