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.

<table>
<thead>
<tr>
<th>Exchange Category</th>
<th>Carbohydrate (grams)</th>
<th>Protein (grams)</th>
<th>Fat (grams)</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>FRUIT</td>
<td>15</td>
<td>0</td>
<td>0</td>
<td>60</td>
</tr>
<tr>
<td>STARCH</td>
<td>15</td>
<td>3</td>
<td>1</td>
<td>80</td>
</tr>
<tr>
<td>NUT</td>
<td>3</td>
<td>3</td>
<td>7</td>
<td>90</td>
</tr>
<tr>
<td>FAT</td>
<td>0</td>
<td>0</td>
<td>5</td>
<td>45</td>
</tr>
<tr>
<td>DAIRY</td>
<td>12</td>
<td>8</td>
<td>0-3</td>
<td>100</td>
</tr>
<tr>
<td>PROTEIN</td>
<td>0</td>
<td>23</td>
<td>4</td>
<td>135</td>
</tr>
</tbody>
</table>

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
- Applesauce (unsweetened) - ½ C
- Apricots - 4 medium
- Banana - ½ large
- Blackberry – 1 C
- Blueberries - ¾ C
- Cantaloupe (cubed) - 1 C
- Carambola (Star Fruit) – 2 medium
- Cherries - ¾ C
- Clementines – 2
- Cranberry (whole) – 1 C
- Date (pitted); (medjool) – 2 medium
- Date (pitted) (deglet noor) – 3 medium
- Fig (fresh) – 2 medium
- Granadilla (Passion Fruit) – 3 small
- Grapefruit - ½ large
- Grapes - 1 C
- Guava – 2 medium
- Honeydew (chopped) - 1 C
- Kiwi - 1 medium
- Kumquat (Cumquat) – 4 medium
- Mandarin oranges (fresh) – 2 small
- Mandarin oranges (canned in juice)
- Mango (cubed) - ½ C
- Mulberry – 1 C
- Orange - 1 medium
- Passion Fruit (granadilla) – 3 small
- Peach - 1 medium
- Peaches (canned in juice) - ½ C
- Pear - 1 small
- Pears (canned in water) - ½ C
- Pineapple (fresh, chopped) - ¾ C
- Plum – 2 small
- Pomegranate – ¼ medium
- Prunes (dried) – 3 medium
- Raspberries - 1 C
- Star fruit (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
- 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* - 2½ 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.*

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

**Polyunsaturated Fats**
- Mayonnaise - 1 ½ t
- Oil (corn, flax, soybean, etc.) - 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 - 1 oz.
- Swiss (low fat) - 2 oz.
- 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)

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.

Yoplait® Light Fat Free - (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) - ½ 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

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) – ½ C
Edamame (edible portion) - 1/3 C
Kidney beans (cooked) - ¾ C
Lentils (cooked) - ½ C
Lima beans - ¾ C
Pinto beans (cooked) - ¾ C
Soy beans (edible portion) - 1/3 C
Tempeh (cooked) - ½ C or 3 oz.
Tofu (regular) - 6 oz.
Veggie burger - 1½ patties
Veggie “chik’n” patty - 1 patty
Veggie hot dogs - 1½ links
Veggie sausage links - 3 link