

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	Kilojoules
STARCH	15	3	1	80	350
FRUIT	15	0	0	60	250
DAIRY	12	8	0-3	100	400
PROTEIN	0	23	4	135	550
FAT	0	0	5	45	200
NUT	3	3	7	90	375

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.

STARCH

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

Hot and Cold Cereals

Kellogg's® Sultana Bran – 25g ($\frac{1}{2}$ C)

Cheerios® - 22g ($\frac{3}{4}$ C)

All Bran® - 25g

Muesli - 25g

Oatmeal (cooked) – 45g ($\frac{1}{2}$ C)

Grains

Barley (cooked) – 58g ($\frac{1}{3}$ C)

Brown Rice (cooked)* - 65g ($\frac{1}{3}$ C)

Bulgur Wheat (cooked) – 75g ($\frac{1}{2}$ C)

Fruit English Muffin - $\frac{1}{2}$

Gluten-Free Bread* - 1 slice

Quinoa (cooked)* - 28g ($\frac{1}{3}$ C)

Tortilla, Corn - 28g

Tortilla, Whole Wheat - 28g

Whole Wheat Bread (30g) - 1 slice

Whole Wheat Couscous (cooked) - 75g ($\frac{1}{2}$ C)

Whole Wheat Pita - 30g (1)

Whole Wheat Spaghetti – 60g ($\frac{1}{2}$ C)

Wild Rice (cooked)* - 80g ($\frac{1}{2}$ C)

Starchy Vegetables

Black-Eyed Peas* - 84g ($\frac{1}{2}$ C)

Sweet Corn* - 90g ($\frac{1}{2}$ C)

Chickpeas* - 80g ($\frac{1}{3}$ C)

Green Peas* - 100g ($\frac{2}{3}$ C)

Humus Dip* - 2 Tbsp

Potato* - $\frac{1}{2}$ medium (175g)

Sweet Potato* - $\frac{1}{2}$ medium (175g)

Pumpkin (mashed) – 150g (1 $\frac{1}{2}$ cups)

Snacks

Arnott's Vita Wheat Crackers - 20g

McVitie's Krackawheat - 15g

Pita Chips - 25 g

Popcorn (air popped)* - 8g ($2\frac{1}{2}$ C)

Rice Cake (plain) - 1 (15g)

Special K Original Bar - 1 (23g) bar

Uncle Toby's Crunchy Muesli Bar - 1 (20g) bar

*gluten-free starch exchanges

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.

Milk & Yogurt

Cappuccino (nonfat) - 475ml
 Latte (nonfat) - 355ml
 Milk (skim) - 250ml
 Yogurt (nonfat) - 125g

Yogurt (low fat) - 125g
 Greek Yogurt (nonfat w/fruit or honey) - 125g

Soft Cheese

Brie - 30g
 Cream Cheese - 30g
 Cream Cheese (light) - 55g

Laughing Cow® Light Swiss - 3 portions
 Ricotta (reduced fat) – 60g (¹/₄C)

Semi Soft Cheese

Blue - 25g
 Feta - 30g
 Feta (reduced fat) - 40g
 Gorgonzola - 30g

Mozzarella - 30g
 Mozzarella (reduced fat) - 40g

Hard Cheese

Cheddar (low fat, grated) - 60g (¹/₄C)
 Parmesan (grated) - 60g (¹/₄C)

Swiss - 25g

Vegetarian Dairy

Soy Cheese (mozzarella) - 30g
 Soy Cheese (Cheddar) - 30g
 Soy Milk - 250ml

Soy Milk Cappuccino - 475ml
 Soy Milk Latte - 355ml
 Soy Yogurt - 100g

PROTEIN

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

Beef/Lamb

Filet Mignon - 85g
 Ground Beef (95% Lean) - 85g
 Ground Beef (90% Lean) - 60g

Sirloin - 85g
 Lamb Loin (lean only) - 65g

Pork

Lean Deli Ham - 115g
 Pork Chop (lean center cut) - 85g

Pork Loin (lean only) - 85g

Poultry

Chicken Breast - 86g
 Deli Turkey Breast - 115g

Turkey Breast - 85g

Seafood

Crab - 115g
 John Dory - 115g
 Prawns - 125g
 Salmon - 60g
 Salmon (smoked) - 100g

Scallops - 145g
 Tilapia - 115g
 Trout - 80g
 Tuna (packed in water) - 115g

Eggs & High Protein Dairy

Cottage Cheese (low fat) – 90g (²/₃C)
 Protein Shake Powder - 30g

Egg (whole, medium) – 2
 Greek Yogurt (nonfat, plain) - 225g

Vegetarian Protein

Black beans (cooked) - 158g (²/₃C)
 Delights Mince - 100g
 Edamame (soy beans, edible portion) -
 50g (¹/₃C)
 Kidney Beans (cooked) - 225g (³/₄C)
 Lentils (cooked) - 105g (¹/₂C)

Lima Beans - 158g (³/₄C)
 Sanitarium™ Vegie Delights Schnitzel
 -1 schnitzel
 Sanitarium™ Vegie Sausage - 1 link
 Tofu (regular) - 170 g

Note: all weights are after cooking

NUT

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

Almonds (about 12) - 15g
 Cashews (about 12) - 15g
 Flax Meal - 15g
 Macadamia Nuts (5-6 small) – 15g
 Peanut Butter (natural) – 1 Tbsp
 Peanuts (about 20) - 15g

Pecans (10 large halves) - 15g
 Pine Nuts (about 80) - 15g
 Pistachios (about 20 kernels) - 15g
 Soy Nuts - 3 Tbsp
 Sunflower Seeds - 2 Tbsp
 Walnuts (4 nuts or 7 halves) - 15g

FRUIT

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

Apple - 1 medium
 Applesauce (unsweetened) – 122 g
 Apricots - 4 medium (1 med = 40g)
 Banana - ½ large
 Blueberries – 82 g
 Cherries – 115 g
 Grapefruit - ½ large
 Grapes – 90 g
 Honeydew (chopped) – ¼ medium
 Kiwi - 1 medium
 Mango (cubed) - ½ medium

Orange - 1 medium (1 med = 230g)
 Peach - 1 medium (1 med = 120g)
 Peaches (canned in juice) – 14 g
 Pear - 1 small
 Pineapple (fresh, chopped) – 170 g
 Plum – 2 small (1 sm = 52g)
 Raspberries – 120 g
 Rockmelon - 1C
 Strawberries - 6 large
 Watermelon (chopped) – 227 g

FAT

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

Monounsaturated Fats

Avocado - 2 Tbsp

Pesto - 1 Tbsp

Oil (olive, canola, peanut) - 1 tsp

Olives - 8 large

Polyunsaturated Fats

Mayonnaise - 1 ½ tsp

Oil (corn, flax, soybean, etc.) - 1 tsp

Saturated Fats

Butter - 1 ½ tsp

Sour Cream - 2 tsp