

The Exchange List System for Diabetic Meal Planning

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Starch List

1 1/2 cups
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1/2 + 1

Dried Beans/Peas/Lentils

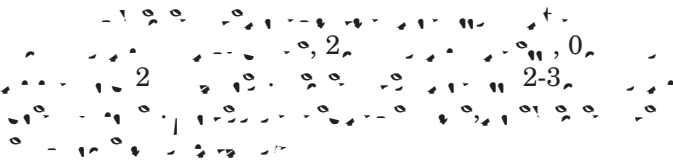
Beans and peas, cooked (such as
kidney, white, split, blackeye)1/2 cup
Lentils, cooked1/2 cup
Lima beans2/3 cup

Starchy Vegetables

Corn1/2 cup
Corn on the cob, 6-inch1
Peas, green1/2 cup
Potato, baked or boiled1 small (3 oz)
Potato, mashed

Pineapple (raw)3/4 cup
Pineapple (canned)1/2 cup
Plums (small)2 plums
Raspberries (raw)1 cup
Strawberries (raw, whole)1 1/4 cup
Tangerine (small)

Vegetable List



- 1/2 +
- 1 +

Artichoke
Artichoke hearts
Asparagus
Beans (green, wax, Italian)
Bean sprouts
Beets
Broccoli
Brussels sprouts
Cabbage
Carrots
Cauliflower
Celery
Cucumber
Eggplant
Greens (collard, kale, mustard, turnip)
Green onions
Kohlrabi
Leeks
Mixed vegetables (without corn, peas, or pasta)
Mushrooms (cooked)
Okra
Onions
Pea pods
Peppers (all varieties)
Radishes
Salad greens
Sauerkraut
Spinach
Summer squash
Tomato
Tomato sauce
Tomato/vegetable juice
Turnips
Water chestnuts
Watercress
Zucchini

Meat and Meat Substitute List



Medium-Fat Meats

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Beef: Most beef products fall into this category. Examples are ground beef, meatloaf, corned beef short ribs, prime grades of meat trimmed of fat such as prime rib1 oz

Pork: Chops, top loin, Boston butt, cutlets.1 oz

Lamb: Rib, roast, ground1 oz

Veal: Cutlet (unbreaded).1 oz

Poultry: Chicken (dark meat with skin), ground turkey or ground chicken, fried chicken (with skin)1 oz

Fish: Any fried fish product1 oz

Cheese: With 5 grams of fat or less fat per ounce
Ricotta2 oz
Mozzarella1 oz
Feta1 oz

Other: Egg (limit to 3 per week)1
Tofu (2 1/2 inches x 2 3/4 inches x 1 inch)4 oz or
1/2 cup
Sausage with 5 grams or less fat/ounce1 oz
Soy milk1 cup

High-Fat Meats

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Pork: Spareribs, ground pork, sausage1 oz

Cheese: All reg10 0 m 24 a455(And 11 Twch4327 Tm[1])-28(oz)TJ-Em(BT/T290 30 10 2422 77 -1m64./ /P A MC2n/MCID 39B

Sugar-free or Low-sugar Foods

Candy, hard, sugar-free1 candy

Gelatin, sugar-free
