

feed your body of knowledge

GUIDELINES FOR A HEALTHY DIET USING EXCHANGE LISTS

Following a healthy lifestyle eating plan using exchange lists can help you to control blood sugar levels, maintain or reduce body weight, help your heart and insure a healthy diet. These guidelines can be followed for most people even if they do not have diabetes. If you have diabetes controlling your blood sugar will help you to stay healthy and reduce your risk of complications associated with diabetes.

This diet is based upon the My Pyramid and Healthy Dietary Guidelines for Americans. More information can be found at:

<http://www.health.gov/dietaryguidelines/dga2005/report/> and www.my.pyramid.gov.

STEPS TO A HEALTHY LIFESTYLE

- Eat a variety of fruit and vegetables. Choose 5 or more servings per day.
- Eat a variety of grain products including whole grains. Choose 6 or more servings per day.
- Include fat-free and low-fat milk products, fish, beans, skinless chicken or turkey and lean meat.
- Choose fat with 2 grams or less of saturated fat per serving. These are found in liquid and tub margarines, canola oil and olive oil.
- Balance the number of calories that you eat with the number that you use each day.
- Maintain a level of physical activity that keeps you fit.
- Limit your intake of food high in simple sugar, fat and calories such as soft drinks, candy and snack chips.
- Limit food high in saturated fat, trans-fat and cholesterol.
- Eat less than 6 grams of salt per day.
- Use alcohol sparingly and follow the advice of your doctor.



STEPS TO A HEALTHY WEIGHT

- Successful weight control requires long term changes in your lifestyle habits.
- Set short term and realistic goals such as ½ to 1 pound weight loss per week.
- Do not skip meals.
- Follow your Healthy Lifestyle Meal Plan.
- Exercise regularly if allowed by your doctor.
- Increase the amount of fiber in your diet. Include whole grain bread and cereal, fresh fruit and vegetables, and beans.
- Drink 6 to 8, eight ounce glasses of water each day.

feed your body of knowledge

NUTRITION AND HEALTH TERMS TO KNOW

Carbohydrate

Starch and sugar are carbohydrates. Carbohydrate is the body's main source of energy. Starch and sugar break down into blood sugar after digestion. Starch is found in bread, pasta, cereal, potatoes, beans, peas and lentils. Naturally present sugar is found in fruit, milk and vegetables. Added sugar is found in desserts, candy, jam and syrup. Eating the same amount of carbohydrate at each meal and snack can help you avoid high and low blood sugar swings, especially if you have diabetes. A shortened and more common name for carbohydrate is "carbs."

Protein

Protein is the building blocks of cells. Everyone needs protein to stay healthy. The body uses protein for growth, maintenance and energy. Good sources of protein include meat, chicken or turkey, fish, milk, cheese, yogurt, eggs, beans, peas and lentils.

Fat

There are different kinds of fat in the diet. Monounsaturated and polyunsaturated fat are healthier choices than saturated fat. Canola oil, olive oil, nuts and avocado are examples of **monounsaturated fat**. Corn oil, soybean oil and sunflower oil are examples of **polyunsaturated fat**. Fat from animals are often high in **saturated fat**. Saturated fat is contained in foods such as beef, pork, chicken or turkey skin, butter, cheese and ice cream. Eating large amounts of saturated fat has been shown to increase blood cholesterol and lead to weight gain. All of the fat that you can see should be trimmed from the meat before eating.

Glucose

Glucose is a simple sugar that is found in the blood. It comes from the digested carbohydrate that you eat.

Insulin

After digestion the nutrients that you eat travel in your blood stream to body tissues. Insulin is a hormone made by the pancreas. It helps the nutrients that you eat get into your body tissues to do their work. Without insulin the nutrients including blood sugar stay in the blood. Balancing intake of food with insulin is especially important if you have diabetes.

Glycemia

Glycemia is another name for glucose or sugar in the blood.

Hyperglycemia

Hyperglycemia means high blood glucose.

feed your body of knowledge

NUTRITION AND HEALTH TERMS TO KNOW

Lipid

Lipid is another name for fat.

Lipidemia

Lipidemia is another name for fat in the blood.

Hyperlipidemia

Hyperlipidemia is a high level of fat in the blood.

Hydrogenation

Hydrogenation is a process that changes vegetable oil from a liquid state to a solid state. You will see this word on the ingredient label for some margarines and shortenings. Products which contain hydrogenated fat are similar to saturated fat and should not be used by individuals who wish to decrease their intake of saturated fat and cholesterol. Tub and squeeze margarine generally contain less saturated fat and are better than stick margarine.

Cholesterol

Cholesterol is a fatty substance normally found in the blood and body tissues. A high level of blood cholesterol may increase your risk of developing heart disease. A cholesterol level of 200 mg or below is desired. There are two sources of cholesterol.

- Cholesterol that comes from eating food from animals such as egg yolks, meat and whole milk dairy products.
- Cholesterol that is produced by the body.

Eating food high in cholesterol and saturated fat raises cholesterol in the blood.

Plant

food such as fruit, vegetables, grains and beans do not raise cholesterol levels in the blood.

Lipoprotein

Protein found in the blood that carries cholesterol and fat through the bloodstream.

HDL

HDL stands for high density lipoprotein. It is found in the blood and it transports cholesterol and fat away from the arteries. It helps to protect against heart disease. A high HDL level (40 or over) is good. There are no specific foods which raise HDL all by themselves. Exercising regularly, eating high fiber foods and not smoking will help.

feed your body of knowledge

NUTRITION AND HEALTH TERMS TO KNOW

LDL

LDL stands for low density lipoprotein. LDL puts cholesterol into the arteries where it can deposit on the walls of the artery causing them to become narrow. Over time the artery may become blocked. A low LDL level (under 130) is desired and less than 100 is better. Reducing total fat, cholesterol and saturated fat intake will help to lower LDL levels.

Triglycerides

Triglycerides are a type of fat normally found in the blood. Being overweight or consuming too much fat, alcohol or sugar may raise the level of triglycerides in the blood. This is not a healthy condition and may also lead to heart disease.

Trans-Fatty Acids

During the process of hydrogenation, trans-fatty acids are produced (also called trans-fat). Food containing trans-fatty acids should be limited because they may raise your blood cholesterol level. These include products made with hydrogenated vegetable oil such as stick margarine, shortening, and high fat baked goods.

Sodium

Sodium is a mineral needed by the body to maintain life and is found mainly as a component of salt. Many people need to cut down on the amount of sodium (and salt) that they eat to help control high blood pressure.

feed your body of knowledge

Daily Meal Plan

For: _____

Carbohydrate: _____ Protein: _____ Fat: _____ Calories: _____

	Milk	Bread	Fruit	Vegetables	Meat	Fat
Breakfast						
Snack						
Lunch						
Snack						
Dinner						
Snack						
Daily Total						

feed your body of knowledge

BREAD AND STARCH EXCHANGES

Serving sizes for foods listed in the table are equal to 1 bread exchange unless otherwise noted. 1 serving or bread exchange contains 15 grams of carbohydrate, 3 grams of protein, a trace of fat and 80 calories.

* Indicates that the food may be high in sodium. Limit or avoid if following a low sodium diet.

FOOD ALLOWED		FOOD TO AVOID
Bread Products		
Bread, all varieties	1 slice	Butter rolls
Bread, reduced calorie	2 slices	Cheese bread
Bagel	½	Biscuits
English muffin	½	Croissants
Hamburger bun	½	Egg bread and egg bagels
Frankfurter roll	½	
Pita or pocket bread (6 inches across)	½	
Tortilla, flour or corn (6 inches across)	1	Fried tortillas
Rye bread	4 slices	
Pancakes, homemade (4 inches across) <i>Count as 1 bread and 1 fat</i>	2	Commercial muffins, donuts, Danish pastry and sweet rolls
Waffles, reduced-fat (4 inches across)	1	
Muffins, homemade (2 inches across) <i>Count as 1 bread and 1 fat</i>	1	
Bread crumbs, plain	3 tablespoons	Seasoned bread crumbs (unless fat-free)
Croutons, plain <i>Count as 1 bread and 1 fat</i>	1 cup	

feed your body of knowledge

BREAD AND STARCH EXCHANGES

FOOD ALLOWED		FOOD TO AVOID
Bread Products Stuffing, homemade ⅓ cup <i>Count as 1 bread and 1 fat</i>		Commercially prepared stuffing mixes
Rice and Pasta Rice, cooked (white or brown) ⅓ cup		Commercially prepared rice and pasta dishes
Macaroni	½ cup	Chow mein noodles
Yolk-free egg noodles	½ cup	Egg noodles
Spaghetti or barley, cooked	½ cup	
Dried Beans, Peas and Lentils <i>Count as 1 starch plus 1 meat for all choices</i>		
Beans and peas: garbanzo, pinto, kidney, white, split, black-eyed	½ cup	
Lima beans	⅔ cup	
Lentils	½ cup	
* Miso	3 tablespoons	
Hummus <i>Count as 1 bread, 1 meat and 1 fat</i>	⅓ cup	
Cereal and Grains		
Bran cereal	½ cup	Cereal containing coconut, coconut oil and palm oil
Bran, unprocessed	¼ cup	Pre-sweetened cereal
Bulgur	½ cup	Commercially prepared granola
Cereal, cooked, unsweetened	½ cup	
Cereal, dry, unsweetened	¾ cup	

feed your body of knowledge

BREAD AND STARCH EXCHANGES

FOOD ALLOWED		FOOD TO AVOID
Cereal and Grains		
Cereal, puffed, unsweetened	1½ cups	
Cornmeal and cornstarch	3 tablespoons	
Couscous, cooked	⅓ cup	
Flour	3 tablespoons	
Granola, low-fat	¼ cup	
Grape Nuts®	¼ cup	
Grits, cooked	½ cup	
Kasha, cooked	½ cup	
Millet, cooked	¼ cup	
Muesli	¼ cup	
Oats, cooked	½ cup	
Oat bran, dry	⅓ cup	
Shredded wheat	1 biscuit	
Tabouleh	½ cup	
<i>Count as 1 bread and 1 fat</i>		
Wheat germ	3 tablespoons	
Soup		
<i>Made with allowed ingredients.</i>		
Vegetable or tomato	1 cup	Commercially prepared cream soup, bisques and chowders
Hearty soup made from starchy vegetables such as corn and peas or beans	½ cup	
Fat-free milk based soup and chowder	¾ cup	

feed your body of knowledge

BREAD AND STARCH EXCHANGES

FOOD ALLOWED		FOOD TO AVOID	
Starchy Vegetables			
* Baked beans, canned or homemade without pork	1/3 cup	Fried vegetables, vegetables prepared in butter, cream or high fat sauce	
Corn	1/2 cup		
Corn on cob, medium	1		
Mixed vegetables with corn, peas, pasta	1 cup		
Parsnips	2/3 cup		
Peas	1/2 cup		
Plantain, boiled	1/2 cup		
Pumpkin	3/4 cup		
Squash, winter such as acorn, and butternut	1 cup		
Sweet potato, yam	1/2 cup		
White potato Boiled, baked Mashed	1 small 1/2 cup		French fried, home fried, Scalloped, Delmonico, Au gratin Potatoes. Potato salad prepared with saturated fat
Crackers and Snack Foods			
Animal crackers	8		
Arrowroot	3		
Breadsticks (4 x 1 1/2 inches)	2		
Graham crackers (2 1/2 inch square)	3		
Matzo	3/4 ounces		
Melba toast	4 pieces		
		Other commercially prepared crackers	
		Corn chips	
		Potato chips	
		Tortilla chips	

feed your body of knowledge

BREAD AND STARCH EXCHANGES

FOOD ALLOWED		FOOD TO AVOID
Crackers and Snack Foods		
* Oyster cracker	24	
Popcorn, air-popped or reduced fat	3 cups	Popcorn with added fat or cheese
* Potato chips, baked	1 ounce	
* Pretzels (3 $\frac{1}{8}$ x $\frac{1}{8}$ inches)	25 or $\frac{3}{4}$ ounce	
Rice cakes (4 inches)	2	
* Rye wafers (3 $\frac{1}{2}$ x 2 inches)	4	
* Saltines (2 inch square)	6	
* Sesame wafers	3	
* Soda crackers (2 $\frac{1}{2}$ inch square)	4	
* Whole wheat crackers, made with no fat added	2–4 or $\frac{3}{4}$ ounce	
Zwieback	2	
Low Sugar Desserts		
Angel cake	1/12 slice of whole cake	Dessert made with ingredients not allowed, commercial cakes, pies, cookies and pastries.
Gingersnaps	3	
Vanilla wafers	6	Mixes containing dried eggs, whole milk, palm or coconut oils or hydrogenated shortening.
Ice cream, fat-free, no sugar	$\frac{1}{2}$ cup	High fat ice cream, pudding, custard, mousse.
Ice milk, low-fat	$\frac{1}{2}$ cup	

feed your body of knowledge

BREAD AND STARCH EXCHANGES

FOOD ALLOWED		FOOD TO AVOID
Frozen yogurt, low-fat	½ cup	
Sherbet	¼ cup	
Fruit ice	¼ cup	
Sorbet	¼ cup	
Fruit juice bar	1	
Gelatin	½ cup	

FRUIT EXCHANGES

Serving sizes listed in the table are equal to 1 fruit exchange.

* Indicates may be high in sodium. Limit or avoid if following a low sodium diet.

1 serving or fruit exchange contains 15 grams of carbohydrate and 60 calories.

FOOD ALLOWED			
Fruit <i>Fresh, Frozen or Canned Without Sugar</i>		Melon:	
Apple, fresh, small	1	Cantaloupe, 5 inches across	⅓
Applesauce	½ cup	Cantaloupe, cubed	1 cup
Apples, dried	4 rings	Honeydew	1 slice or 10 ounces
Apricots, medium, fresh	4	Honeydew, cubed	1 cup
Apricots, canned	½ cup or 4 halves	Watermelon	1 slice or 14 ounces
Apricots, dried	8 halves	Watermelon, cubed	1¼ cup
Banana	1 small	Nectarine	1
Berries, fresh	1	2½ inches across	
Blackberries	¾ cup	Orange	1
Blueberries	¾ cup	2½ inches across	
Raspberries	1 cup		
Strawberries	1¼ cup		

feed your body of knowledge

FRUIT EXCHANGES

FOOD ALLOWED			
Cherries, canned	½ cup	Mango, small	½, 6 ounces or ½ cup
Cherries, raw	12		
Citrus sections	½ cup	Papaya	½ or 1 cup cubes
Dates	3	Peach, fresh	1
Figs, raw	1½ large or 2 medium	2¾ inches across	
Fruit cocktail	½ cup	Peaches, canned	½ cup
Grapefruit, large (11 oz)	½	Pear, fresh, large	½
Grapefruit sections	¾ cup	Pineapple, fresh	¾ cup
Grapes, small	17 or 3 ounces	Pineapple, canned	½ cup
Kiwi, large	1	Plums, small	2 or 5 ounces
Kumquats	4	Plums, canned	½ cup
Mandarin oranges	¾ cup	Prunes, dried	3
Fruit Juice		Raisins	2 Tablespoons
Apple juice or cider	½ cup	Fruit juice blends, 100% Juice	⅓ cup
Cranberry juice cocktail (regular)	⅓ cup	Grape juice	⅓ cup
Cranberry juice cocktail (reduced calorie)	1 cup	Grapefruit juice	½ cup
Orange juice	½ cup	Pineapple juice	½ cup
Prune juice	⅓ cup		

feed your body of knowledge

VEGETABLE EXCHANGES

1 vegetable serving is equal to ½ cup cooked or 1 cup raw for all of the vegetables listed in the table. 1 serving or exchange is equal to 5 grams carbohydrate, 2 grams protein and 25 calories.

FOOD ALLOWED		FOOD TO AVOID
Artichoke	Mushrooms	Commercially prepared or packaged vegetables in a cream, cheese or butter Sauce.
Artichoke hearts	Okra	
Asparagus	Onions	Breaded or fried vegetables.
Beans (green, wax, Italian)	Pea pods	
Bean sprouts	Peppers (all varieties)	Commercial salads prepared with fats and oils.
Beets	Radishes	
Broccoli	Salad greens:	
Brussels sprouts	Endive	
Cabbage	Escarole	
Carrots	Lettuce	
Cauliflower	Romaine	
Celery	Spinach	
Cucumber	* Sauerkraut	
Eggplant	Summer squash	
Green onions or Scallions	Tomato	
Greens:	* Tomato, canned	
Collard	* Tomato sauce	
Kale	* Tomato juice	
Mustard	* Vegetable juice	
Turnip	Turnips	
Kohlrabi	Water chestnuts	
Leeks	Watercress	
Mixed vegetables	Zucchini	
<i>No corn, peas and pasta</i>		

feed your body of knowledge

MILK EXCHANGES

Serving sizes for the food listed in the table below are equal to 1 milk exchange. 1 serving or exchange equals 12 grams carbohydrate, 8 grams protein and 5 grams fat.

FOOD ALLOWED		FOOD TO AVOID
Fat-Free and Very Low Fat Milk <i>0-3 grams fat and 90 calories per 1 cup serving.</i>		Whole Milk <i>8 grams fat and 150 calories per 1 cup serving.</i>
Fat-free	1 cup	Whole milk and whole milk products.
½ %	1 cup	Evaporated whole milk
Low fat (1%)	1 cup	Goat's milk
Buttermilk	1 cup	Kefir
Evaporated fat-free milk	½ cup	Plain yogurt made from whole milk.
Powdered fat-free milk, dry	⅓ cup	Fruit flavored yogurt made with whole milk.
Yogurt:		
Plain, fat-free	¾ cup	
Low fat, fruited	⅓ cup	
Fat-free with aspartame	1 cup	

MEAT AND MEAT SUBSTITUTE EXCHANGES

Serving sizes in the table below are equal to 1 meat exchange.

* Indicates that the food may be high in sodium. Limit or avoid if following a low sodium diet.

1 serving or exchange equals 7 grams protein, 5 grams fat and 75 calories.

FOOD ALLOWED		FOOD TO AVOID
Fish		
Fresh or frozen cod, flounder, haddock, halibut, trout, tune, salmon, herring	1 ounce	Any fried fish or fish products. Commercially breaded fish.
Shellfish: fresh or frozen clams, crab lobster, scallops, shrimp	1 ounce	
* imitation shellfish		

feed your body of knowledge

MEAT AND MEAT SUBSTITUTE EXCHANGES

FOOD ALLOWED		FOOD TO AVOID
Fish		
Oysters, medium	6	
Canned fish	1 ounce	
* Anchovies	5	
* Sardines, medium	2	
Poultry Group		
Chicken or turkey (no skin)	1 ounce	Chicken or turkey with skin.
Cornish hen (no skin)	1 ounce	Fried poultry
Domestic duck or goose (no fat, no skin)	1 ounce	Turkey or chicken hot dogs, unless under 3 grams of fat
Ground white meat chicken or turkey, lean or extra lean	1 ounce	Self-basting turkey
Veal		
Lean chop, roast or leg	1 ounce	Ground or processed veal cutlet.
Beef		
USDA <i>select or choice</i> grades of lean beef trimmed of fat as round, sirloin, flank tenderloin.	1 ounce	Prime grade of beef and prime rib.
Rib, chuck and rump roast	1 ounce	Heavily marbles and fatty meat
T-bone, porterhouse, cube Steak	1 ounce	
Ground round, lean and extra lean ground beef (less than 90% lean)	1 ounce	Regular ground beef
*Dried Beef	1 ounce	

feed your body of knowledge

MEAT AND MEAT SUBSTITUTE EXCHANGES

Pork		
Lean and choice pork, such as fresh ham	1 ounce	Spareribs and ground pork
* Canned, cured or boiled ham	1 ounce	Sausage and bacon
* Canadian bacon	1 ounce	
Tenderloin and center loin chop	1 ounce	
Lamb		
Lean and choice lamb cuts such as chop, leg and roast	1 ounce	Rib roast and ground lamb
Wild Game		
Duck or pheasant (no skin)	1 ounce	Duck or pheasant with skin
Venison, buffalo, ostrich and rabbit	1 ounce	
*Cheese		
Only those with less than 3 grams of fat per ounce	1 ounce	Cheese with more than 3 grams of fat per ounce.
Grated parmesan cheese	2 tablespoons	
Cottage cheese, low-fat	¼ cup	Whole milk cottage cheese (4%)
*Processed Meat		
With less than 3 grams of fat per ounce.	1 ounce	Processed meat with greater than 3 Grams of fat per ounce such as Bologna, pimento loaf and salami. Sausage such as bratwurst, Italian Knockwurst. Polish hot dogs and bacon.
Organ Meat		
Kidney, liver, heart No more than 3 ounces per month.	1 ounce	Brains and sweetbreads.

feed your body of knowledge

MEAT AND MEAT SUBSTITUTE EXCHANGES

FOOD ALLOWED		FOOD TO AVOID
Meat Alternates		
Tofu	4 ounces or ½ cup	
Soy milk	1 cup	
Tempeh	1 ounce	
Egg, whole <i>Limit to less than 3 yolks per week including those used in cooking</i>	1	More than 3 eggs yolks per week.
Egg whites	2	
Cholesterol-free egg substitute	½ cup	
Dried beans, peas and lentils (cooked)	½ cup	

FAT EXCHANGES

Servings sizes of food listed in the table below are equal to 1 fat exchange.

* Indicates may be high in sodium. Limit or avoid if following a low sodium diet. There are many reduced fat and fat-free products available. Ask your dietitian about including these in your meal plan.

1 serving or fat exchange equals 5 grams fat and 45 calories.

FOOD ALLOWED		FOOD TO AVOID
Monounsaturated Fat		
Avocado, medium	⅓ or 1 ounce	Saturated vegetable oils such as coconut or palm.
Vegetable oil such as canola, olive, peanut	1 teaspoon	Shortening, butter, lard and salt pork. Cocoa butter, hydrogenated oil
* Nuts		Macadamia nuts, honey coated nuts, cashews, Brazil nuts, pistachio nuts pine nut, chocolate or yogurt coated nuts.
Almonds, cashews	6	
Mixed (50% peanuts)	6	
Peanuts	10	

feed your body of knowledge

FAT EXCHANGES

FOOD ALLOWED		FOOD TO AVOID
Monounsaturated Fat		Hydrogenated nut butters Food containing saturated fat such as bacon, bacon fat, chicken fat, and cream cheese. Meat drippings Commercially prepared fired Foods.
Pecan halves	4	
Peanut butter and other nut butters such as old-fashioned (smooth and chunky)	2 teaspoons	
* Olive		
Ripe, black	8 large	
* Green stuffed	10 large	
Sesame seeds	1 tablespoon	
Tahini paste	2 teaspoons	
Polysaturated Fat		Stick margarine Cream (all), regular non-daily cream Cream substitute Commercial whipped topping, non daily whipped topping Sour cream Salad dressing containing cheese and other ingredients to avoid. Chocolate and coconut Commercially prepared gravy and sauce.
Margarine in tub or squeeze bottle (30-50% oil)	1 teaspoon	
Mayonnaise, regular	1 teaspoons	
Reduced fat	2 tablespoons	
Nuts such as walnuts	4 halves	
Oil such as corn, safflower, Sesame, soybean and sunflower.	1 teaspoon	
Salad dressing, regular	1 tablespoon	
Reduced fat	2 tablespoons	
Miracle Whip® Salad Dressing		
Regular	2 teaspoons	
Reduced Fat	1 tablespoon	
Seeds such as pumpkin and sunflower	1 tablespoon	

feed your body of knowledge

VERY LOW CALORIE AND FREE FOOD

The food in this table contains only a small number of calories. Some have serving sizes given and these should be limited to 2 – 3 times per day. If there are no serving sizes given, you may have as much as you want of the food.

* Indicates may be high in sodium. Limit or avoid if following a low sodium diet.

Drinks

- * Bouillon, clear broth, consommé
- Bouillon, low sodium
- Carbonated drinks, sugar free
- Carbonated water
- Coffee, tea
- Drink mixes, sugar free
- Tonic water, sugar free

Fat-free or reduced Fat Food

Limit to 1 tablespoon unless otherwise indicated.

- * Butter Buds
- Cream cheese, fat-free
- Fat-free margarine spray (no limit)
- Mayonnaise, fat-free
- Mayonnaise, reduced fat (1 teaspoon)
- Margarine, fat-free (4 tablespoons)
- Margarine, reduced fat
- Miracle Whip®, fat free
- Miracle Whip®, reduced fat (1 teaspoon)
- Nonstick cooking spray (no limit)
- Salad dressing, fat-free
- Salad dressing, fat-free, Italian (2 tablespoons)
- Salsa (¼ cup)
- Sour cream, fat-free and reduced fat
- whipped topping, regular, light or fat-free

Sweets and Sugar Substitutes

- Candy, hard and sugar free (1 candy).
- Gelatin dessert, sugar free
- Gum, sugar free
- Jam and jelly, sugar free (2 teaspoons)
- Pancake syrup, sugar free (1 to 2 tablespoons)
- Sugar substitute

Others

- Ketchup (1 tablespoon)
- Flavoring extracts
- Horseradish
- Lemon
- Non stick pan spray
- * Pickles, dill and unsweetened
- Spices and herbs
- Vinegar
- Worcestershire sauce

Fruit

- Cranberries, unsweetened (½ cup)
- Rhubarb, unsweetened (½ cup)

feed your body of knowledge

COMBINATION FOODS

The foods listed below are combinations of the food exchange lists. The exchange list value for each serving is given. A carbohydrate or “carb” can be used as a Milk, Bread or Fruit Exchange choice.

Combination Food	Serving Size	Exchanges per Serving
Entrees		
Tuna noodle casserole Spaghetti with meatballs Chili with beans Macaroni and cheese	1 cup or 8 ounces	2 carbs and 2 meats
Chow Mien without noodles or rice	2 cups or 16 ounces	1 carb and 2 meats
Pizza, cheese with thin crust	¼ of 10 inch pie or 5 ounces	2 carbs, 2 meats and 1 fat
Pizza, meat topping with thin crust	¼ of 10 inch pie or 5 ounces	2 carbs, 2 meats and 2 fats
Pot Pie (chicken, turkey, beef)	1 pie or 7 ounces	2 carbs, 1 meat and 4 fats
Burrito with beef	1 (7 inches long)	3 carbs, 1 meat and 1 fat
Hamburger, regular from fast food restaurant	1 (4 ounces of beef)	2 carbs and 2 meats
Chicken sandwich grilled from fast food restaurant	1 (4 ounces of chicken)	2 carbs and 2 meats
Taco, hard shell	1 or 6 ounces total	2 carbs, 2 meats and 2 fats
Taco, soft shell	1 or 3 ounces total	1 carb, 1 meat and 1 fat
Frozen Dinners		
Salisbury steak with gravy and mashed potatoes	1 or 11 ounces total	2 carbs, 3 meats and 4 fats
Turkey with gravy, mashed potatoes and dressing	1 or 11 ounces total	2 carbs, 2 meats and 2 fats
Entrée with less than 300 calories	1 or 8 ounces total	2 carbs and 3 meats
Soup		
Bean	1 cup or 8 ounces	1 carb and 1 meat
Cream variety made with water	1 cup or 8 ounces	1 carb and 1 fat
Split Pea made with water	½ cup or 4 ounces	1 carb
Tomato made with water	1 cup or 8 ounces	1 carb
Vegetable beef, Chicken noodle or other broth-based soup	1 cup or 8 ounces	1 carb

feed your body of knowledge

READING LABELS

The Nutrition Facts on food labels will give you a lot of information about the food. You can use this information to determine how to fit this food into your exchange list diet plan. It takes practice but if you learn how to do this, you can include a wide variety of foods in your meal plan.

On the label locate the following:

- Serving size tells you how much you can eat per serving.
- Grams of carbohydrate tell you how much carbohydrate is in one serving of the food.
- Each carbohydrate exchange equals about 15 grams of carbohydrate.
- Grams of protein tell you how much protein is in one serving of the food. Each meat exchange equals 7 grams of protein.
- Grams of fat tell you how much fat is in the food. Each fat exchange equals 5 grams of fat.

Estimate exchange values by doing the math:

- Divide the number of grams of carbohydrate in the food by 15 to get the number of carbohydrate exchanges in one serving of the food.
- Remember that the carb exchanges are from the milk, bread and fruit lists.
- Divide the number of grams of protein by 7 to get the number of meat exchanges in one serving size of food.
- Divide the number of grams of fat by 5 to get the number of fat exchanges in one serving of the food.
- You will have to combine the numbers for carbohydrate, protein and fat to match the exchange lists. Remember that food is a combination of carbohydrate, protein and fat.
- If you need help, ask your dietitian to assist you.

TIPS FOR SHOPPING

Use the following tips to help you choose the right food to buy when you are in the grocery store.

1. Make a shopping list and do not shop when you are hungry.
2. **Read labels carefully.** Sugar and fat may be added to many processed and convenience foods. If the specific type of fat is not listed on the label do not buy it. This may indicate that a saturated fat has been used. Here are some common words for fat that you may see on the food label.
 - Vegetable oil
 - Vegetable fat
 - Containing no animal fat
 - Non-dairy
 - Made from one or more of the following oils...

feed your body of knowledge

3. Try to avoid food made with coconut, palm and hydrogenated oil because they are high in saturated fat.
4. Buy tub margarine that says “liquid oil” as the first ingredient such as liquid corn oil, liquid safflower oil, liquid sunflower oil, and liquid cottonseed oil, olive oil and canola oil.
5. Purchase lean cuts of meat (USDA select or USDA choice). Avoid meat if the fat is distributed throughout or marbled. Buy extra lean hamburger or ask the butcher to trim and grind lean meat for you.
6. Sugar is added to many processed food. This adds extra calories and may cause your blood sugar to rise. The following are words for sugar that you might see on a label.
 - Dextrose
 - Corn syrup
 - Honey
 - Molasses
 - Sucrose
 - Fructose
7. Canned, processed and frozen convenience foods tend to be high in sodium. If you are limiting your sodium intake, read the labels for these foods carefully.

COOKING HEALTHY MEALS

The following tips will help you to prepare your meals in a healthy way.

- Make your own convenience foods. Make low-fat casseroles and soups in batches and freeze some for another time.
- Use pureed cooked vegetables such as carrots, potatoes and cauliflower to thicken soup and sauces instead of cream, egg yolks and butter.
- Use soft Tofu to thicken soup and sauces.
- Toast nuts to enhance flavor – you won’t need to use as many.
- Choose lean cuts of meat and trim all visible fat before cooking. Bake or broil on a rack in the oven. Discard the fat that drains from the meat.
- Remove the skin from chicken and turkey before eating.
- Include meatless meals more often. Food such as dried beans, peas and lentils adds fiber to the diet and helps to control blood sugar.
- Try tofu and tempeh with cooked grains and starches like brown rice, bulgur and whole wheat pasta. Serve meatless spaghetti sauce and add lentils to minestrone soup.
- Bake, broil, microwave, steam, stir-fry, grill or roast meat, poultry and fish. Do not overcook.
- Keep lean meat moist by slow cooking for maximum flavor and tenderness. Cook meat on a rack so the fat will drip off.
- When a recipe calls for ground meat, brown and drain well before adding to other ingredients.

feed your body of knowledge

- Try using a non-stick pan for frying and sautéing.
- Stir-fry using a non-stick wok or use cooking spray and add some water, defatted broth, juice or wine in a regular wok.
- Use marinades of lemon juice, flavored vinegar and wine or fruit juice to tenderize leaner cuts of meat.
- Skim fat from homemade soup and gravy by chilling and removing the fat layer that rises to the top.
- For low-fat gravy or sauce, follow this recipe:
Mix well 1 tablespoon cornstarch or arrowroot (or 2 tablespoons flour) with 1 cup of cold fat-free water (or other liquid allowed). Add to drippings (fat removed) or fat-free broth.

TIPS FOR EATING OUT

Here are some guidelines for eating away from home.

- Choose restaurants that offer healthy menu choices. Plan in advance so that you will know where to go and what to order.
- Ask the server for information about what's on the menu and what is in the food. Most restaurants will honor your special request.
- Ask for sauce or dressing on the side.
- You can find fast food that is lower in fat. Ask for the Nutrition Facts handout at the restaurant.
- If the entrée is large, eat half of it and take the rest home.

COOKING METHODS

Here are some cooking terms to know. Use this information to help you select from the menu.

Choose Menu Items with these words...	Instead of Menu Items with these words...
<p>Steamed, Cooked in a sealed pot over boiling water.</p> <p>Poached, Cooked in water or other liquid near boiling point or cooked in a small dish put over boiling water.</p> <p>Blackened, Charred over flames usually with black pepper or peppercorns.</p> <p>Grilled, Barbecued on a grill.</p> <p>Mesquite-grilled, Barbecued over flames.</p> <p>Stir-fried, Fried briefly in small amount of oil usually in a wok.</p>	<p>Alfredo, White cheese with cream sauce.</p> <p>Béarnaise, A butter and wine-based sauce.</p> <p>Béchamel, Rich, creamy, high-fat sauce.</p> <p>Beurre blanc, White butter (Beurre) sauce.</p> <p>En croute, In a crust usually pastry.</p> <p>Scalloped, Baked in butter, milk and cheese.</p> <p>Flaky / crusty, Made with high fat dough.</p> <p>Hollandaise, Cream sauce made with butter and egg yolks.</p> <p>Parmigiana, Rolled in cheese and bread crumbs.</p>

feed your body of knowledge

Choose Menu Items with these words...	Instead of Menu Items with these words...
<p>Parboiled, Meat cooked in a skillet without adding fat. Fat is removed as it accumulates.</p> <p>Crispy – tender, Describes vegetables cooked until just tender but somewhat crisp.</p> <p>Braised, Cooked slowly in a small amount of liquid in a tightly covered pan on range top or in oven.</p> <p>Roasted, Cooked uncovered in the oven.</p> <p>Stewed, Food covered in liquid for a long time, usually in a covered pot, until tender.</p>	<p>Parmigiana, Rolled in cheese and bread crumbs.</p> <p>Tempura, Deep – fried</p> <p>Deep – fried, Boiled in fat.</p> <p>Sautéed, Pan cooked in butter or other fat.</p> <p>Crisp, Usually means fried in oil.</p> <p>Breaded, Rolled in bread or dough and then fried.</p> <p>Creamy, Always contains fat.</p> <p>Basted, Moistened during cooking with pan drippings.</p> <p>Coated, Food covered with crumbs, flour or batter.</p> <p>Glazed, Brushed with fat to give a glossy appearance.</p> <p>Pan – fried, To cook meats, poultry, or fish in fat.</p> <p>Au gratin, Encrusted in bread and cheese.</p>

For More Information

There are many good resources available to help you with your diet. The American Diabetic Association is an organization dedicated to helping people who have diabetes. Log onto: www.diabetes.org/home.jsp.