

1995 ADA EXCHANGE LIST

Milk Exchange List

Skim and Very Low-Fat Milk

(12 grams carbohydrate, 8 grams protein, 0-3 grams fat, 90 kcal)

1 cup	skim or nonfat milk (1/2% and 1%)
1/3 cup	powdered (nonfat dry, before adding liquid)
1/2 cup	canned, evaporated skim milk
1 cup	buttermilk made from nonfat or low-fat milk
3/4 cup	yogurt made from nonfat milk (plain, unflavored)
1 cup	nonfat or low-fat fruit-flavored yogurt sweetened with aspartame or nonnutritive sweetener

Low-Fat Milk

(12 grams carbohydrate, 8 grams protein, 5 grams fat, 120 kcal)

1 cup	2% milk
1/2 cup	plain low-fat yogurt (added milk solids)
1 cup	sweet acidophilus milk

Whole Milk

(12 grams carbohydrate, 8 grams protein, 8 grams fat, 150 kcal)

1 cup	whole milk
1/2 cup	evaporated whole milk
1 cup	goat's milk
1 cup	kefir

Vegetable Exchange List

(5 grams carbohydrate, 2 grams protein, 0 grams fat, 25 kcal)

1 vegetable exchange equals:

1/2 cup cooked vegetables or vegetable juice

1 cup raw vegetables

artichoke	eggplant	radishes
artichoke hearts	green onions or scallions	salad greens
asparagus	green pepper	sauerkraut
beans (green, wax, Italian)	greens (e.g., collard)	spinach
bean sprouts	kohlrabi	squash (summer)
beets	leeks	tomato (fresh, canned, sauce)
broccoli	mixed vegetables (without	
brussels sprouts	corn, peas, or pasta)	tomato/vegetable juice
cabbage	okra	turnips
carrots	onions	water chestnuts
celery	pea pods	watercress
cucumber	peppers	zucchini

Fruit Exchange List

Fruit

(15 grams carbohydrate, 0 grams protein, 0 grams fat, 60 kcal)

1 fruit exchange equals:

1	apple (small)
4 rings	apple, dried
1/2 cup	applesauce (unsweetened)
4	apricots, fresh
8 halves	apricots, dried
1	banana (small)
3/4 cup	blackberries
3/4 cup	blueberries
1/3 melon	cantaloupe (small)
1 cup cubes	cantaloupe
12	cherries (3 oz)
1/2 cup	cherries, canned
3	dates
2	figs, fresh (3 1/2 oz)
1 1/2	figs, dried
1/2 cup	fruit cocktail
1/2	grapefruit
3/4 cup	grapefruit sections
17	grapes (small)
1 slice	honeydew melon (or 1 cup cubes)
1	kiwi
5	kumquats
9	lychees, raw
3/4	mandarin orange sections
1/2	mango (or 1/2 cup cubes)
1	nectarine (small)
1	orange (small)
1/2	papaya (1 cup cubes)
1	peach, fresh (medium)
1/2	peaches, canned
1/2	pear, fresh
1/2 cup	pear, canned
3/4 cup	pineapple, fresh
1/2 cup	pineapple, canned
2	plums (small)
1/2 cup	plums, canned
3	prunes, dried
2 tbsp	raisins
1 cup	raspberries
1 1/4 cup	strawberries (raw, whole)
2	tangerines
1 slice	watermelon (or 1 1/4 cups cubes)
1/2 cup	apple juice/cider
1/3 cup	cranberry juice cocktail
1 cup	cranberry juice cocktail, reduced-calorie
1/3 cup	fruit juice blends, 100% juice
1/3 cup	grape juice
1/2 cup	grapefruit juice
1/2 cup	orange juice

½ cup pineapple juice
1/3 cup prune juice

Starch Exchange List

(15 grams carbohydrate, 3 grams protein, 0-1 gram fat, 80 kcal)

1 starch exchange equals:

Bread

½ (1 oz)	bagel
2 slices (1 ½ oz)	bread, reduced-calorie
1 slice (1 oz)	bread, white, whole-wheat, pumpernickel, or rye
2 (2/3 oz)	bread sticks, crisp, 4 in long x 3 ½ in
½	English muffin
½ (1 oz)	hot dog or hamburger bun
1/2	pita, 6 in across
1 slice (1 oz)	raisin bread, unfrosted
1 (1oz)	roll, plain (small)
1	tortilla, corn, 6 in across
1	tortilla, flour, 7-8 in across
1	waffle, 4 ½ in square, reduced-fat
3 tbsp.	bread crumbs
1 cup	low fat croutons

Cereals and Grains

½ cup	bran cereal
½ cup	bulgur (cooked)
½ cup	cereal
¾ cup	cereal, unsweetened, ready to eat
3 tbsp	cornmeal (dry)
1/3 cup	couscous
3 tbsp	flour (dry)
¼ cup	granola, low-fat
¼ cup	Grape-Nuts
½ cup	grits
½ cup	kasha
¼ cup	millet
¼ cup	muesli
½ cup	oats
1/3 cup	pasta (cooked)
1 ½ cups	puffed cereal
½ cup	rice milk
1/3 cup	rice, white or brown (cooked)
½ cup	Shredded Wheat
½ cup	sugar-frosted cereal
3 tbsp	wheat germ

Starchy Vegetables

1/3 cup	baked beans
1/2 cup	corn
1 (5 oz)	corn on the cob (medium)
1 cup	mixed vegetables with corn, peas, or pasta
1/2 cup	peas, green
1/2 cup	plantain
1 (3 oz)	potato, baked or broiled (small)
1/2 cup	potato, mashed
1 cup	squash, winter (acorn, buttermilk)
1/2 cup	yam, sweet potato, plain

Crackers and Snacks

8	animal crackers
2	graham crackers, 2 1/2 in square
3/4 oz	matzoh
4 slices	melba toast
24	oyster crackers
3 cups	popcorn (popped, no fat added or low-fat microwave)
3/4 oz	pretzels
2	rice cakes, 4 in across
6	saltine-type crackers
15-20 (3/4 oz)	snack chips, fat-free (tortilla, potato)
2-5 (3/4 oz)	whole-wheat crackers, no fat added
2	Rye Crisps
2-4 squares	crisp bread (Finn, Wasa, Kavli)

Dried Beans, Peas, and Lentils

(counts as 1 starch exchange plus 1 very lean meat exchange)

1/2 cup	beans and peas (garbanzo, pinto kidney, white, split, black-eyed)
2/3 cup	lima beans
1/2 cup	lentils
3 tbsp	miso

Starchy Foods Prepared with Fat

(counts as 1 starch exchange plus 1 fat exchange)

1	biscuit, 2 1/2 in across
1/2 cup	chow mein noodles
1 (2 oz)	corn bread, 2 in cube
6	crackers, round butter type
1 cup	croutons
16-25 (3 oz)	French-fried potatoes
1/4 cup	granola
1 (1/2 oz)	muffin (small)
2	pancakes, 4 in across
3 cups	popcorn, microwave
3	sandwich crackers, cheese or peanut butter filling
1/3 cup	stuffing, bread (prepared)
2	taco shells, 6 in across
1	waffle, 4 1/2 in square
4-6 (1 oz)	whole-wheat crackers, fat added

Other Carbohydrates Exchange List

One exchange equals 15 grams carbohydrate, or 1 starch, or 1 fruit, or 1 milk.

Exchanges per Serving

1/12 th cake	angel food cake, unfrosted	2 carbohydrates	
2 in square	brownie, unfrosted (small)	1 carbohydrate, 1 fat	
2 in square	cake, unfrosted	1 carbohydrate, 1 fat	
2 in square	cake, frosted	2 carbohydrates, 1 fat	
2	cookies, fat-free (small)	1 carbohydrate	
2	cookies or sandwich cookies	1 carbohydrate, 1 fat	with
crème filling (small)			
¼ cup	cranberry sauce, jellied	1 ½ carbohydrates	
1	cupcake, frosted (small)	2 carbohydrates, 1 fat	
1 (1 ½ oz)	doughnut, plain cake (medium)	1 ½ carbohydrates, 2 fats	
3 ¾ in across (2 oz)	doughnuts, glazed	2 carbohydrates, 2 fats	
1 bar	fruit juice bars, frozen, 100% juice	1 carbohydrate	
1 roll	fruit snacks, chewy	1 carbohydrate	
(pureed fruit concentrate)			
1 tbsp	honey	1 carbohydrate	
1 tbsp	sugar	1 carbohydrate	
1 tbsp	fruit spread, 100% fruit	1 carbohydrate	
½ cup	gelatin, regular	1 carbohydrate	
3	gingersnaps	1 carbohydrate	
1 bar	granola bar	1 carbohydrate, 1 fat	
1 bar	granola bar, fat-free	2 carbohydrates	
½ cup	hummus	1 carbohydrate, 1 fat	
½ cup	ice cream	1 carbohydrate, 2 fats	
½ cup	ice cream, light	1 carbohydrate, 1 fat	
½ cup	ice cream, fat-free,		no
sugar added	1 carbohydrate		
1 tbsp	jam or jelly, regular	1 carbohydrate	
1 cup	milk, chocolate, whole	2 carbohydrates, 1 fat	
1/6 pie	pie, fruit, 2 crusts	3 carbohydrates, 2 fats	
1/8 pie	pie, pumpkin or custard	1 carbohydrate, 2 fats	
12-18 (1 oz)	potato chips	1 carbohydrate, 2 fats	
½ cup	pudding, regular	2 carbohydrates	
	(made with low-fat milk)		
½ cup	pudding, sugar free	1 carbohydrate	
	(made with low-fat milk)		
¼ cup	salad dressing, fat-free	1 carbohydrate	
½ cup	sherbet, sorbet	2 carbohydrates	
½ cup	spaghetti or pasta sauce, canned	1 carbohydrate, 1 fat	
1 (2 ½ oz)	sweet roll or Danish	2 ½ carbohydrates, 2 fats	
2 tbsp	syrup, light	1 carbohydrate	
1 tbsp	syrup, regular	1 carbohydrate	
6-12 (1oz)	tortilla chips	1 carbohydrate, 2 fats	
5	vanilla wafers	1 carbohydrate, 1 fat	
1/3 cup	yogurt, frozen, low-fat or fat-free	1 carbohydrate, 0-1 fat	
½ cup	yogurt, frozen, fat-free	1 carbohydrate	no
sugar added			
1 cup	yogurt, low-fat, with fruit	3 carbohydrates, 0-1 fat	

Meat and Meat Substitutes List

(0 grams carbohydrate, 7 grams protein, 0-1 grams fat, and 35 kcal)

One very lean meat exchange equals:

1 oz	Poultry chicken or turkey (white meat, no skin), Cornish hen (no skin)
1 oz	Fish fresh or frozen cod, flounder, haddock, halibut, trout; tuna, fresh or canned in water
1 oz	Shellfish clams, crab, lobster, scallops, shrimp, imitation shellfish
1 oz	Game duck or pheasant (no skin), venison, buffalo, ostrich
1/4 cup	Cheese with 1 gram or less fat per ounce nonfat or low-fat cottage cheese
1 oz	fat-free cheese
1 oz	Other processed sandwich meats with 1 grams or less fat per ounce, such as deli thin, shaved meats, chipped beef, turkey ham
2	egg whites
1/4 cup	egg substitutes, plain
1 oz	hot dogs, with 1 gram or less fat per ounce
1 oz	kidney (high in cholesterol)
1 oz	sausage with 1 gram or less fat per ounce

Counts as one very lean meat and one starch exchange:

1/2 cup dried beans, peas, lentils (cooked)

Lean Meat and Substitutes List

(0 grams carbohydrate, 7 grams protein, 3 grams fat, and 55 kcal)

One lean meat exchange equals:

1 oz	Beef USDA Select or Choice grades of lean beef trimmed of fat, such as round, sirloin, and flank steak; tenderloin; roast (rib, chuck, rump); steak (T-bone, porterhouse, cubed), ground round
1 oz	Pork lean pork, such as fresh ham; canned, cured, or broiled ham. Canadian bacon; tenderloin, center loin chop
1 oz	Lamb roast, chop, leg
1 oz	Veal lean chop, roast
1 oz	Poultry chicken, turkey (dark meat, no skin), chicken white meat (with skin), domestic duck or goose (well drained of fat, no skin)

Fish

1 oz	herring (uncreamed or smoked)
6	oysters (medium)
1 oz	salmon (fresh or canned), catfish
2	sardines (canned medium)
1 oz	tuna (canned in oil, drained)

Game

1 oz	goose (no skin), rabbit
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Cheese

¼ cup	4.5%-fat cottage cheese
2 tbsp	grated Parmesan
1 oz	cheese with 3 grams or less fat per ounce

Other

1 ½ oz	hot dogs with 3 grams or less fat per ounce
1 oz	processed sandwich meat with 3 grams or less fat per ounce, such as turkey pastrami or kielbasa
1 oz	liver, heart (high in cholesterol)

Medium-Fat Meat and Substitutes List

(0 grams carbohydrate, 7 grams protein, 5 grams fat, and 75 kcal)

One medium-fat meat exchange equals:

Beef

1 oz	most beef products (ground beef, meatloaf, corned beef, short ribs, prime grade of meat trimmed of fat, such as prime rib)
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Pork

1 oz	top loin, chop, Boston butt, cutlet
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Lamb

1 oz	rib roast, ground
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Veal

1 oz	cutlet (ground or cubed, unbreaded)
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Poultry

1 oz	chicken dark meat (with skin), ground turkey or ground chicken, fried chicken (with skin)
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Fish

1 oz	any fried fish product
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Cheese (with 5 grams or less fat per ounce)

1 oz	feta
1 oz	mozzarella
¼ cup (2 oz)	ricotta

Other

1	egg (high in cholesterol, limit to 3 per week)
1 oz	sausage with 5 grams or less fat per ounce
1 cup	soy milk

¼ cup tempeh
4 oz or ½ cup tofu

High-Fat Meat and Substitute List

(0 grams carbohydrate, 7 grams protein, 8 grams fat, 100 kcal)

One high-fat meat exchange equals:

Pork

1 oz spareribs, ground pork, pork sausage

Cheese

1 oz all regular cheeses, such as American, cheddar, Monterey Jack, Swiss

Other

1 oz processed sandwich meats with 8 grams or less fat per ounce such as bologna, pimento loaf, salami
1 oz sausage, such as bratwurst, Italian, knockwurst, Polish, smoked
1 (10/lb) hot dog (turkey or chicken)
3 slices (20 slices/lb) bacon

Counts as one high-fat meat plus one fat exchange:

1 (10/lb) hot dog (beef, pork, or combination)
2 tbsp peanut butter (contains unsaturated fat)

Fat Exchange List

Monounsaturated Fats List

(5 grams fat and 45 kcal)

One exchange equals:

1/8 (1 oz) avocado (medium)
1 tsp oil (canola, olive, peanut)
 olives:
8 ripe, black (large)
10 green, stuffed (large)
6 nuts almonds, cashews
6 nuts mixed (50% peanuts)
10 nuts peanuts
4 halves pecans
2 tsp peanut butter, smooth or crunchy
1 tbsp sesame seeds
2 tsp tahini paste

Polyunsaturated Fats List

(5 grams fat and 45 kcal)

One exchange equals:

 margarine:
1 tsp stick, tub, or squeeze
1 tbsp lower-fat (30 to 50% vegetable oil)
 mayonnaise:
1 tsp regular
1 tbsp reduced-fat

4 halves	nuts, walnuts, English
1 tsp	oil (corn, safflower, soybean)
	salad dressing:
1 tsp	regular
2 tbsp	reduced-fat
	Miracle Whip Salad Dressing:
2 tsp	regular
1 tbsp	reduced-fat
1 tbsp	seeds: pumpkin, sunflower

Saturated Fats List

(5 grams fat and 45 kcal)

One exchange equals:

1 slice (20 slices/lb)	bacon, cooked
1 tsp	bacon, grease
	butter:
1 tsp	stick
2 tsp	whipped
1 tbsp	reduced-fat
2 tbsp (1/2 oz)	chitterlings, boiled
2 tbsp	coconut, sweetened, shredded
2 tbsp	cream, half and half
	cream cheese:
1 tbsp (1/2 oz)	regular
2 tbsp (1 oz)	reduced-fat
	fatback or salt pork*
1 tsp	shortening or lard
	sour cream:
2 tbsp	regular
3 tbsp	reduced-fat

**Use a piece 1 in x 1 in x 1/4 in if you plan to eat the fatback cooked with vegetables. Use a piece 2 in x 1 in x 1/2 in when eating only the vegetables with the fatback removed.*

Free Foods List

A *free food* is any food or drink that contains less than 20 kcal or less than 5 grams of carbohydrate per serving. Foods with a serving size listed should be limited to three servings per day. Foods listed without a serving size can be eaten as often as you like.

Fat-Free or Reduced-Fat Foods

1 tbsp	cream cheese, fat-free
1 tbsp	creamers, nondairy, liquid
2 tsp	creamers, nondairy, powdered
1 tbsp	mayonnaise, fat-free
1 tsp	mayonnaise, reduced-fat
4 tbsp	margarine, fat-free
1 tsp	margarine, reduced-fat
1 tbsp	Miracle Whip, nonfat
1 tsp	Miracle Whip, reduced-fat nonstick cooking spray
1 tbsp	salad dressing, fat free
2 tbsp	salad dressing, fat-free, Italian
1/4 cup	salsa

1 tbsp sour cream, fat-free, reduced-fat
2 tbsp whipped topping, regular or light

Sugar-Free or Low-Sugar Foods

1 candy candy, hard, sugar-free
gelatin dessert, sugar-free
gelatin, unflavored
gum, sugar-free
2 tsp jam or jelly, low-sugar, or light sugar substitute+
2tbsp syrup, sugar-free

+Sugar substitutes, alternatives, or replacements that are approved by the Food and Drug Administration (FDA) are safe to use. Common brand names include

Equal (aspartame)
Sprinkle Sweet (saccharin)
Sweet One (acesulfame-K)
Sweet-10 (saccharin)
Sugar Twin (saccharin)
Sweet'n Low (saccharin)

Drinks

bouillon, broth, consommé
bouillon or broth, low-sodium
carbonated or mineral water
club soda
cocoa powder, unsweetened (1 tbsp)
coffee
diet soft-drinks, sugar-free
tea
tonic water, sugar-free

Condiments

catsup (1 tbsp)
horseradish
lemon juice
lime juice
mustard
pickles, dill (large)
soy sauce, regular or light
taco sauce (1 tbsp)
vinegar

Seasonings

baking powder or soda
cream of tartar
flavoring extracts
garlic
herbs, fresh or dried
pimento
spices
Tabasco or hot pepper sauce
wine, used in cooking
worcestershire sauce

Combination Food List

	Entrees	Exchange per Serving
1 cup (8 oz)	tuna noodle, casserole, lasagna, spaghetti with meatballs, chili with beans, macaroni and cheese	2 carbohydrates, 2 medium-fat meats
2 cups (16 oz)	chow mein (without noodles or rice)	1 carbohydrate, 2 lean meats
¼ of 10 in (5 oz)	pizza, cheese, thin crust	2 carbohydrates, 2 medium-fat meats, 1 fat
¼ of 10 in (5 oz)	pizza, meat topping, thin crust	2 carbohydrates, 2 medium-fat meats, 2 fats
1 (7 oz)	pot pie	2 carbohydrates, 1 medium-fat meat, 4 fats

Frozen Entrees

1 (11 oz)	Salisbury steak with gravy, mashed potato	2 carbohydrates, 3 medium-fat meats, 3-4 fats
1 (11 oz)	turkey with gravy, mashed potato, dressing	2 carbohydrates, 2 medium-fat meats, 2 fats
1 (8 oz)	entrée with less than 300 kcal	2 carbohydrates, 3 lean meats

Soups

1 cup	bean	1 carbohydrate, 1 very lean meat
1 cup (8 oz)	cream (made with water)	1 carbohydrate, 1 fat
½ cup (4 oz)	split pea (made with water)	1 carbohydrate
1 cup (8 oz)	tomato (made with water)	1 carbohydrate
1 cup (8 oz)	vegetable beef, chicken noodle, or other broth-type	1 carbohydrate

Fast (Quick-Service) Foods

		Exchanges per Serving
2	burritos with beef	4 carbohydrates, 2 medium-fat meats, 2 fats
6	chicken nuggets	1 carbohydrate, 2 medium-fat meats, 1 fat
1 each	chicken breast and wing, breaded and fried	1 carbohydrate, 4 medium-fat meats, 2 fats
1	fish sandwich/tartar sauce	3 carbohydrates, 1 medium-fat meat, 3 fats
20-25	French fries, thin	2 carbohydrates, 2 fats
1	hamburger (regular)	2 carbohydrates, 2 medium-fats meats
1	hamburger (large)	2 carbohydrates, 3 medium-fat meats, 1 fat
1	hot dog with bun	1 carbohydrate, 1 high-fat meat, 1 fat
1	individual pan pizza	5 carbohydrates, 3 medium-fat meats, 3 fats
1	soft-serve cone (medium)	2 carbohydrates, 1 fat
1 sub (6 in)	submarine sandwich	3 carbohydrates, 1 vegetable, 2 medium-fat meats, 1 fat
1 (6 oz)	taco, hard shell	2 carbohydrates, 2 medium-fat meats, 2 fats
1 (3 oz)	taco, soft shell	1 carbohydrate, 1 medium-fat meat, 1 fat

Ethnic Foods

Mexican:

1	bean burrito (small 7 in)	3 starch, 1 meat, 1 fat
1 cup	chili, verde	1 starch, 3 meat, 1 fat, 1 vegetable
1	enchilada: meat or cheese	1-1/2 starch, 1-2 meat, 2 fats

	(small 6 in)	
2 tbsp.	guacamole	1 fat
1/3 cup	refried beans	1 starch, 2 fats
1/3 cup	Spanish rice	1 starch, 1 fat
1	tamale with sauce (large)	2 starch, 1-2 meat
1	taco	1 starch, 1-2 meat, 1 fat
1	tostado with beans (small)	1 starch, 1 fat
1	tostado with meat (small)	1 starch, 1 meat, 1 fat

Chinese:

2 cups	chow mein	2 starch, 2-3 meat, 1 vegetable, 1 fat
1-1/2 cups	chop suey	1 starch, 3 meats
1 cup	egg flower soup	1 ½ meat
1	egg foo young	2 meat, 1 vegetable, 2 fat
1	egg roll	1 starch, 1 meat, 1 vegetable
1	fortune cookie	½ starch or ½ fruit
½ cup	fried rice	1 starch, 2 fats
1 cup	pepper steak	1 starch, 3 meats, 1 vegetable
1 cup	sukiyaki	3 meats, 1 fat
4 oz	tofu	1 meat
2	won tons	1 starch, 1 fat

Jewish:

1/2	bialy	1 starch
½ cup	borscht	1 vegetable
1 slice	challah	1 starch
1 oz	chopped liver	1 meat
1 oz	gefilte fish	1 meat
1 oz	kippered & pickled herring	1 meat
1	matzo ball	1 starch, 1 fat
½ cup	potato latkes	1 starch, 1 fat
1 oz	smoked salmon	1 meat

Italian:

1 cup	minestrone	1 starch, 1 fat
1 oz	Italian ham (prosciutto)	1 meat
3 oz	chicken cacciatore with sauce	3 meats, 1 vegetable, 1 fat
1 cup	eggplant parmesan	1 starch, 2 meats, 2 vegetables, 2 fats
1 cup	spaghetti and 6 meatballs	2 starch, 2 meats, 2 vegetables
1 (3x4 in)	lasagna	1 starch, 1 vegetable, 3 meats, 1 fat
1 shell	manicotti	3 starch, 2 vegetables, 3 meats, 2 fats
¼ of 16 in	pizza with cheese, sausage, and pepperoni	2 starch, 2 meats, 1 vegetable, 1 fat
1 cup	ravioli (cheese)	2 starch, 1 vegetable, 1 meat, 1 fat
1 cup	ravioli (meat)	2 starch, 1 vegetable, 1 meat
1 cutlet (4 oz)	veal parmesan	1 starch, 1 vegetable, 4 meat, 1 fat
1 cup	vermicelli soup	1 starch