

The American Dietetics Association diabetes exchange lists

PRACTICAL GUIDELINES USED FOR COMPILING THE DIABETIC EXCHANGES

The Diabetic exchanges in this document are classified according to the composition of the Standard American Exchanges (Table 1) for the 5 main food groups and their respective categories. The small adjustments that have been made for practical reasons are as follows:

- 0 g fat per Starch-exchange
- 1 gram fat per fat free milk exchange
- The energy was calculated directly from the macronutrient content allocated to each exchange, namely 16.8kJ per gram carbohydrate and protein and 37.8kJ per gram fat.

The Protocol for determining portion sizes for standard Diabetic Exchanges:

1. The latest MRC tables available were used as the basis for the composition:
 1999: MILK, MEAT and EGGS
 1998: FRUIT and VEGETABLES
 1991: FAT and STARCHES
 The 1991 Food Quantity Tables were used to determine the most practical portion. A standard form was used to display all raw data, including the standard composition and portion size, as obtained from the MRC tables.
2. The amount of food required to provide the precise amount of the main determining factor were calculated and shown in grams. (Cooked products were used, except in the case of food items that can be eaten raw).
3. The practical household measure was calculated using the MRC Food Quantity Tables (Table2). This practical volume was converted to nearest 5 grams. The complete macronutrient composition of the exchange was then calculated.

Table 1: The American standard for Exchange list

Groups	Carbohydrate (g)	Protein (g)	Fat (g)	Energy (kcal)
Carbohydrate group				
Starch	15	3	1 or less	80
Fruit	15	-	-	60
Milk				
Skim	12	8	0-3	90
Low-fat	12	8	5	120
Whole	12	8	8	150
Other carbohydrates	15	Varies	Varies	Varies
Vegetables	5	2	-	25
Meat and meat substitute group				
Very lean	-	7	0-1	35
Lean	-	7	3	55
Medium-fat	-	7	5	75
High-fat	-	7	8	100
Fat group	-	-	5	45

TABLE 2: PRACTICAL HOUSEHOLD MEASURES

Household measure	Volume
¼ cup	65 ml
1/3 cup	85 ml
½ cup	125 ml
2/3 cup	165 ml
¾ cup	190 ml
1 cup	250 ml
1¼ cup	315 ml
1 1/3 cup	335 ml
1 ½ cup	375 ml
1 2/3 cup	415 ml
1 ¾ cup	440 ml
2 cups	500 ml
TSP	5 ml
TBS	15 ml

Summary of Exchange list

Food	Exchange	CHO (g)	Protein (g)	Fat (g)	Energy (kJ)
Milk					
• Full Cream	1	12	8	8	640
• Low Fat	1	12	8	5	525
• Skimmed or very low fat	1	12	8	1	375
Vegetables	1	5	2	0	120
Fruit	1	15	0	0	250
Bread/Starch	1	15	2	0	280
Meat					
• Very lean	1	0	7	1	155
• Lean	1	0	7	3	230
• Medium fat	1	0	7	5	310
• High fat	1	0	7	8	420
Fat					
• Monounsaturated	1	0	0	5	190
• Polyunsaturated	1	0	0	5	190
• Saturated	1	0	0	5	190

EXCHANGE LIST FOR MEAL PLANNING

STARCH LIST

Cereals, grains, pasta, breads, crackers, snacks, starchy vegetables, and cooked dried beans, peas, and lentils are starches. In general one starch is:

- ½ cup of cereal, grain, pasta, or starchy vegetable,
- 30 g of a bread product, such as 1 slice of bread,
- 30 g of most snack foods.

Nutrition tips:

- Most starch choices are good sources of B vitamins.
- Cooled starch has a lower glycaemic index
- Foods made from whole grains are good sources of fiber.
- Dried beans and peas are good sources of protein and fiber.

Selection tips:

- Choose starches made with little fat as often as you can.
- Dried beans, peas, and lentils are also found on the Meat and Meat Substitutes list.
- Regular potato chips and tortilla chips are found on the other carbohydrate list.
- Most of the serving sizes are measured after cooking.
- Check nutrition information on the label.

One exchange equals 15 grams of carbohydrate, 3 grams of protein, 0 grams of fat and 300 kJ.

Low GI (0-55)

	Mass	Household measure
CEREALS AND GRAINS		
Pronutro, Whole-wheat (original and apple bake)	40g	¼ cup
Bran cereals, Hi fiber Bran	25g	½ cup
Cooled soft Maize porridge	100g	½ cup
Oats, Bokomo	100g	½ cup
Maltabella	100g	½ cup
Muesli, Fine form	25g	¼ cup
Samp (cold)	75g	1/3 cup
Wheat	50g	1/3 cup
Pasta, cooked	100g	½ cup
Maize meal porridge, stiff (cold)	60g	1/3 cup
Maize meal porridge, crumbly (cold)	45g	¼ cup
BREAD		
Bread, pumpernickel, seed loaf	30g	1 slice
Bread, whole-wheat with whole kernels, crushed wheat, rolled oats, low GI fruit		
CRACKERS AND SNACKS		
Provita	20g	3
DRIED BEANS, PEAS AND LENTILS		
<i>(Count as 1 starch exchange, plus 1 very lean meat exchange)</i>		
Beans, lentils and peas	100g	½ cup

	Mass	Household measure
STARCHY VEGETABLES		
Sweet potato	100g	½ cup
Corn, whole kernel	95g	½ cup
Corn on cob, medium	140g	1
Mixed vegetables with corn, peas, pasta or potato	200g	1 cup

STARCHY FOODS PREPARED WITH FAT		
Popcorn	750ml	3 cups
Baked beans	90g	1/3 cup

Intermediate GI (56-69)

	Mass	Household measure
CEREALS AND GRAINS		
Cereals e.g. Corn Flakes, Rice Crispies	20g	½ cup
Bran cereals e.g. All Bran, Raisin Bran	25g	½ cup
Rice, Basmati	50g	1/3 cup
Rice brown, with lentils	50g	1/3 cup
Couscous	50g	1/3 cup
Muesli, low fat	25g	¼ cup
BREAD		
Bread, rye	30g	1 slice
Pita, 15cm	90g	½

CRACKERS AND SNACKS		
Ryvita	20g	2

STARCHY VEGETABLES		
Corn, sweet & creamed	80g	1/3 cup
Baby potatoes, baked or boiled with skin	100g	2 small

High GI (70+)

	Mass	Household measure
BREAD		
Bagel	30g	½
Bread, reduced energy e.g. slim slice	45g	2 slices
Bread, white, brown, regular whole-wheat	30g	1 slice
Bread roll	30g	½
English Muffin	35g	½
Raisin bread	30g	1 slice
Tortilla, 15 cm	35g	1

CEREALS AND GRAINS		
Mageu	250g	1 cup
Maltabella porridge	100g	½ cup
Maize meal porridge, stiff	60g	1/3 cup
Maize meal porridge, crumbly	45g	¼ cup
Mealie rice	65g	½ cup
Pressed cereals e.g. Weetbix, Nutrifix, Oatbix	19g	1
Pronutro, original, banana, strawberry, honeymelt chocolate	40g	¼ cup
Rice, white	50g	1/3 cup
Sago	100g	½ cup

Samp	75g	1/3 cup
	Mass	Household measure
STARCHY VEGETABLES		
Peas, green	100g	½ cup
Potato, mashed, boiled, baked	100g	½ cup/1 small
Squash, winter (butternut)	150g	1 cup
CRACKERS AND SNACKS		
Melba toast	30g	4 slices
Cream cracker, Cracker mate	20g	3
Snack-bread	20g	3
Bran S	20g	1
Rice cakes, 10 cm	20g	2
Pretzels	20 g	
Matzos	20g	½
STARCHY FOODS PREPARED WITH FAT		
(Count as 1 starch exchange, plus 1 fat exchange)		
Cookies	30g	2
Chow main noodles eg. 2 min noodles		½ cup
Crackers, savory	24g	6
French fried potatoes	45g	1
Pancake, 20cm	70g	1
Crumpets	75g	2
Taco shell, 15 cm		2
Waffle, 20 cm		½
Roti, small, no oil	35g	1

FRUIT LIST

Fresh, frozen, canned, and dried fruits and fruit juices are on this list. In general one fruit exchange is:

- 1 small to medium fruit,
- ½ cup of canned or fresh fruit or fruit juice,
- ¼ cup of dried fruit.

Nutrition tips:

- Fresh, frozen, and dried fruits have about 2 grams of fiber and is therefore a better choice
 - Fruit juices contain very little fiber.
- Citrus fruits, berries, and melons are good sources of vitamin C.
- Fruit should be eaten on a daily basis preferably with meals.

Selection tips:

- Portion sizes for canned fruits are for the fruit and small amounts of juice.
- Whole fruit is more filling than fruit juice and may be a better choice.

One exchange equals 15 grams carbohydrate and 250 kJ. The weight includes skin, core, seeds, and rind.

↓ Low GI (0-55)

• Intermediate GI (56-69)

↑ High GI (>70)

Please note only known South African GI values included

Mass Household measure

FRUIT, FRESH

↓Apple, unpeeled, small	115 g	1
↓Apricots, whole	155 g	4
•Banana, small	75g	1
↓Cherries, sweet	85 g	12
Figs, medium	90g	2
Fruit salad	140g	2/3 cup
Gooseberry	255g	1½ cup
↓Grapefruit, large	310 g	½
↓Grapes, small	85 g	17
Granadilla, medium	120g	4
Guava, medium	190g	2
↓Kiwi	110 g	2
•Litchi	90g	11
•Mango, small	155 g	1
↓Minneola	185 g	1
↓Naartjie	230 g	2
↓Nectarine, small	140 g	1
↓Orange, small	180 g	1
•Pawpaw	230 g	2 slices/1 cup cubes/ ½
Papino		
↓ Peach, medium	170 g	1
↓Pear, large	115 g	½
•Pineapple	125g	¾ cup
↓Plums, small	140 g	2
Pricklypear	180g	2
↑Spanspek	310 g	1-cup cubes
Strawberries	300g	1 ¼ whole berries
↑Watermelon	220 g	1 slice

FRUIT, DRIED

Apples	20g	4 rings
Apricots	30g	8 halves
•Dates	20g	3
Figs	25g	2
Peach	25g	2 halves
Prunes	25g	3
•Raisins	20g	2 tbsp

FRUIT, CANNED

Applesauce, unsweetened	145g	½ cup
Apricots	140g	½ cup
Blueberries	100g	¾ cup
Cherries	100g	½ cup
Fruit salad	140g	½ cup
Grapefruit sections	200g	¾ cup
Mandarin oranges	200g	¾ cup
Peaches	125g	½ cup
Pear	125g	½ cup/2 halves
Pineapple	100g	½ cup
Plums	100g	½ cup

FRUIT JUICE (All juice made of low GI fruit has a low GI)

	Mass	Household measure
Apple	125ml	½ cup
Apricot	125ml	½ cup
Fruit juice blends, 100 % juice	85ml	1/3 cup
Grape	85ml	1/3 cup
Granadilla	125ml	½ cup
Grapefruit	125ml	½ cup
Guava	125ml	½ cup
Litchi	125ml	½ cup
Mango	125ml	½ cup
Orange	125ml	½ cup
Pear	125ml	½ cup
Pineapple	125ml	½ cup
Prune	85ml	1/3 cup

MILK LIST

One exchange equals 12 grams carbohydrate and 8 grams protein.
All milk products have a low GI.

Nutrition tips:

- Try to include at least 500ml milk or milk products per day.
- Check the food label for nutrition information. Milk and yogurt are good sources of calcium and protein.
- The higher the fat content of milk and yogurt, the greater the amount of saturated fat and cholesterol. Choose lower-fat varieties.

SKIMMED OR FAT-FREE MILK

One exchange equals 1 g fat and 375kJ per serving

	Mass	Household measure
Skimmed milk	250ml	1 cup
1 % milk	250ml	1 cup
Buttermilk	250ml	1 cup
Nonfat dry milk	60ml	¼ cup dry
Plain nonfat yogurt	250ml	1 cup
Nonfat yogurt, artificially sweetened	250ml	1 cup

LOW FAT MILK

One exchange equals 5 g fat and 525kJ per serving

2 % milk	250ml	1 cup
Plain low-fat yogurt	85ml	¾ cup
Evaporated low-fat milk	125ml	½ cup

WHOLE MILK

One exchange equals 8 g fat and 640 kJ per serving

Whole milk	250ml	1 cup
Whole milk powder	35g	7 tbs
Evaporated whole milk	125ml	½ cup
Goat's milk	250ml	1 cup
Inkomazi (Maas)	250ml	1 cup

VEGETABLE LIST

Vegetables that contain small amounts of carbohydrates and kilojoules are on this list. Vegetables contain important nutrients. Try to eat at least 2 or 3 vegetable choices each day. In general, one vegetable serving is:

- ½ Cup of cooked vegetables or vegetable juice,
- 1 Cup of raw vegetables.

Nutrition tips:

- Fresh and frozen vegetables have less salt added than canned vegetables. Drain and rinse canned vegetables if you want to remove some salt.
- Choose more dark green and dark yellow vegetables, such as spinach, broccoli, carrots, chillies and peppers.
- Broccoli, Brussels sprouts, cauliflower, peppers, spinach and tomatoes are good sources of vitamin C.
- Vegetables contain 1 to 4 grams of fiber per serving.

One exchange equals 5 grams carbohydrate, 2 grams of protein, 0 grams fat, and 120 kJ.

Artichoke hearts	Mixed vegetables (without corn, Peas or pasta)
Artichokes	Mushrooms
Asparagus	Okra
Baby marrow	Peppers (all varieties)
Bean sprouts	Radishes
Beans, green	Sauerkraut*
Brussels Sprouts	Salad greens (endive, lettuce, romaine, spinach)
Cabbage	Spinach
Carrots	Summer squash
Cauliflower	Tomato
Celery	Tomatoes, canned
Cucumber	Tomato sauce*
Eggplant	Tomato/ vegetable juice
Gem squash	Turnips
Green onions or scallions	Water chestnuts
Leeks	

*= 400 mg or more sodium per exchange.

MEAT AND MEAT SUBSTITUTES LIST

Meat and meat substitutes that contain both protein and fat are on this list. In general, one meat exchange is:

- 30 grams of Meat, fish, poultry or cheese,
- ½ Cup of dried beans.

Based on the amounts of fat they contain, meats are divided into very lean, lean, medium-fat, and high-fat lists. This is done so that you can see which ones contain the least fat.

Nutrition tips:

- Choose very lean and lean meat choices whenever possible. Items from the high-fat group are high in saturated fat, cholesterol, and kilojoules and can raise blood cholesterol levels.
- Unprocessed meats do not have any fiber or carbohydrates.
- Dried beans, soy products, peas, and lentils are good sources of fiber and carbohydrates.
- Some processed meats, seafood, and soy products may contain carbohydrates when consumed in large amounts. Check the nutrition information on the label to see if the amount is close to 15 grams. If so, count it as a carbohydrate choice as well as a meat choice.

Selection tips:

- Weigh meat after cooking and removing bones and fat. 120 grams of raw meat is equal to 90 grams of cooked meat. Some examples of meat portions are:
 30 grams of cheese = matchbox size.
 60 grams of meat = 2 meat choices, such as 1 small chicken leg or thigh OR ½ cup of cottage cheese or tuna.
 90 grams of meat = 3 meat choices, such as 1 medium chop OR 1 small, meat patty or 1 chicken breast or 1 fish fillet.
- Limit your choice from the high fat group to three times per week or less.
- Read labels to find products that are low in fat and cholesterol eg. 5 grams or less fat per serving.
- Dried beans, peas, and lentils are also found on the Starch list.
- Peanut butter, in smaller amounts, is also found on the Fats list.
- Bacon, in smaller amounts, is also found on the Fats list.

Meal planning tips:

- Bake, roast, broil, grill, poach, steam, or boil these foods rather than frying.
- Place it on a rack so the fat will drain off during cooking.
- Use a nonstick spray and a nonstick pan to brown or fry foods.
- Trim off visible fat before or after cooking.
- If you add flour, breadcrumbs, coating mixes, fat, or marinades when cooking, ask your dietitian how to count it in your meal plan.

VERY LEAN MEAT AND SUBSTITUTES LIST

One exchange equals 0 grams carbohydrate, 7 grams protein, 1 gram fat, and 155 kJ.

One very lean meat exchange is equal to any one of the following items:

	Mass	Household measure
Poultry: Chicken or turkey (white meat, no skin)	30 g	
Fish: Fresh or frozen, tuna canned in water	30 g	
Shellfish	30 g	
Game: Duck or pheasant (no skin), venison, buffalo, ostrich	30 g	
Fat free cottage cheese	60ml	¼ cup
Other: processed sandwich meats with 1 gram or less fat per gram, such as thin, shaved meats	30 g	
Egg whites	30g	2
Dried beans, peas, lentils (cooked) – count as one very lean meat and one starch exchange.	100g	½ cup

LEAN MEAT AND SUBSTITUTES LIST

One exchange equals 0 grams carbohydrate, 7 grams protein, 3 grams fat, and 230 kJ.

One lean meat exchange is equal to any of the following items:

	Mass	Household measure
Beef: Lean beef trimmed of fat, such as round, sirloin, and flank steak; tenderloin; roast (rib, chuck, rump); steak (T-bone, porterhouse, cubed); ground lean	30 g	
Pork: Lean pork, such as fresh ham	30 g	
Lamb: Roast, chop, leg	30 g	
Veal: Lean chop, roast	30 g	
Poultry: Chicken, turkey (dark meat, no skin), chicken (white meat, with skin)	30 g	
Fish:		
Herring, Mackerel, Kipper	30 g	
Oyster		6 med
Salmon (fresh or canned), catfish	30 g	
Sardines, canned		2 med
Tuna (canned in oil, drained)	30 g	
Game: Goose (no skin), rabbit	30 g	
Cheese: Low fat cottage cheese	60ml	¼ cup
Other: Liver, heart (high in cholesterol)	30 g	

MEDIUM-FAT AND MEAT SUBSTITUTES LIST

One exchange equals 0 grams carbohydrate, 7 grams protein, 5 grams fat, and 310 kJ.

One medium-fat exchange is equal to any of the following items:

	Mass	Household measure
Beef: Most beef products fall into this category eg. Ground beef, meatloaf, corned beef, short ribs, prime grades of meat trimmed of fat	30 g	
Pork: Top loin, chop	30 g	
Lamb: Rib roast, ground	30 g	
Veal: Cutlet, ground or cubed	30 g	
Poultry: Chicken (dark meat, with skin), ground chicken or ground turkey, fried chicken (with skin)	30 g	
Fish: Any fried fish product	30 g	
Cheese:		
Low fat feta	30 g	
Mozzarella	30 g	
Ricotta	60 g	
Ground Parmesan	60g	2 tbsp
Other:		
Egg (high in cholesterol, limit to 3 per week)	55g	1
Vienna with 5 grams or less fat per serving		1 med
Soy milk	250ml	1 cup
Tofu	120g	½ cup
Bacon, Like-it-Lean		3 slices

HIGH-FAT MEAT AND SUBSTITUTES LIST

One exchange equals 0 grams carbohydrate, 7 grams protein, 8 grams fat, and 420 kJ.

Count as one high-fat meat plus one fat exchange.

Remember these items are high in saturated fat, cholesterol, and kilojoules and may raise blood cholesterol levels if eaten on a regular basis. One high-fat exchange is equal to any one of the following items:

	Mass	Household measure
Pork: Spareribs, ground pork, pork sausage	30 g	
Cheese: all regular cheeses such as cheddar, Gouda, Camembert, Edam, Brie	30 g	
Other:		
Processed sandwich meats with 8 grams or less fat per serving, such as pimento loaf, salami	30g	
Boerewors	30 g	
Vienna sausage		1 med
Bacon		3 Slices
Kidney (high in cholesterol)	30 g	
Peanut butter (contains unsaturated fat)		2 tbsp

FAT LIST

Fat are divided into three groups, based on the main type of fat they contain: monounsaturated, polyunsaturated, and saturated. Small amounts of monounsaturated and polyunsaturated fats in the foods we eat are linked with good health benefits. Saturated fats are linked with heart diseases and cancer. In general, one fat exchange is:

- 1 teaspoon of regular margarine or vegetable oil,
- 1 tablespoon of regular salad dressing.

Nutrition tips:

- All fats are high in kilojoules. Limit serving sizes for good nutrition and health.
- Nuts and seeds contain small amounts of fiber, protein, and magnesium.
- If blood pressure is a concern, choose fats in the unsalted form to help lower sodium intake, such as unsalted peanuts.

Selection tips:

- Check the nutrition information on food labels for serving sizes. One fat exchange is based on a serving size containing 5 grams of fat.
- Soft margarines are not as saturated as block margarines. Soft margarines are healthier choices. Avoid those listing hydrogenated or partially hydrogenated fat as the first ingredient.
- When used in smaller amounts, bacon and peanut butter are counted as fat choices. When used in larger amounts, they are counted as high-fat meat choices.

MONOUNSATURATED FAT LIST
One exchange equals 5 grams fat and 190 kJ.

	Mass	Household measure
Avocado, medium	35g	1/8
Oil (canola, olive, peanut)	5ml	1 tsp
Olives, ripe (black)	50g	10

	Mass	Household measure
<i>Nuts:</i>		
• Almonds, cashews	10g	5 nuts
• Peanuts	10g	10 nuts

• Pecans	10g	4 halves
Peanut butter, smooth or crunchy	10g	2 tsp
Sesame seeds	10g	1 tbsp

POLYUNSATURATED
One exchange equals 5 grams fat and 190 kJ.

Margarine:

- | | | |
|-----------------------------|------|-------|
| • Tub or brick | 5ml | 1 tsp |
| • Lower fat eg. Flora Light | 10ml | 2 tsp |

Mayonnaise:

- | | | |
|---------------|------|--------|
| • Regular | 10ml | 2 tsp |
| • Reduced-fat | 12ml | 1 tbsp |

Nuts, walnuts	10g	4 halves
Oil (cornflower, safflower, soybean, sunflower)	5ml	1 tsp

*Salad dressing: **

- | | | |
|----------------|------|--------|
| • Regular | 12ml | 1 tbsp |
| • Reduced-fat | 25ml | 2 tbsp |
| • Miracle Whip | 10ml | 2 tsp |

Seeds, sunflower	10g	1 tbsp
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SATURATED FAT LIST
One exchange equals 5 grams fat and 190 kJ.

Bacon, cooked		1 slice
Butter, brick	5ml	1 tsp
Coconut, shredded	25ml	2 tbsp
Cream	12ml	1 tbsp
<i>Cream cheese:</i>		
• Regular	12ml	1 tbsp
• Reduced fat	25ml	2 tbsp
Shortening or lard	5ml	1 tsp
Sour cream, regular	25ml	2 tbsp

OTHER CARBOHYDRATES LIST

You can substitute food choices from this list for a starch, fruit, or milk choice on your meal plan. Some choices will also count as one or more fat choices.

Nutrition tips:

- These foods can be substituted in your meal plan, even though they contain added sugars or fat. However, they do not contain as many important vitamins and minerals as the choices on the Starch, Fruit, or Milk list.
- When planning to include these foods in your meal, be sure to include foods from all the lists to eat a balanced meal.

Selection tips:

- Because many of these foods are concentrated sources of carbohydrate and fat, the portion sizes are often very small.

- Always check nutrition information on the food label. It will be your most accurate source of information.
- Many fat-free or reduced-fat products made with fat replacers contain carbohydrate. When eaten in large amounts, they may need to be counted. Talk with your dietitian to determine how to count these in your meal plan.
- Look for fat-free salad dressings in smaller amounts on the "Free food" list.

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

FOOD	MASS	HOUSEHOLD MEASURE	EXCHANGE PER SERVING
Brownie, small, unfrosted		5 cm square	1 carbohydrate, 1 fat
Cake, plain		5 cm	1 carbohydrate, 1 fat
Cake, with icing		5 cm	2 carbohydrate, 1 fat
Cookie, plain or with crème filling		2 small	1 carbohydrate, 1 fat
Cupcake, with icing		1 small	2 carbohydrate, 1 fat
Doughnut, plain	45 g	1 med	1 ½ carbohydrate, 2 fats
Doughnuts glazed or with jam	60 g	1 medium	2 carbohydrate, 2 fats
Ice lolly, fruit		1	1 carbohydrate
Fruit pastilles, gums	30 g	1 roll	2 carbohydrate
Marshmallows	20 g	2	1 carbohydrate
Super C	15 g	5	1 carbohydrate
Jelly tots	40 g	1 small packet	2 carbohydrate
Hard-boiled sweets e.g. Sparkles, Lifesavers	30 g	10	2 carbohydrate
Toffee	25 g	5	1 carbohydrate, 1 fat
Chocolate, plain	20g	4 blocks	1 carbohydrate, 1 fat
Chocolate, bar	50 g	1	2 carbohydrate, 3 fats
Granola bar		1 bar	1 carbohydrate, 1 fat
Hummus		1/3 cup	1 carbohydrate, 1 fat
Ice cream		½ cup	1 carbohydrate, 2 fats
Ice cream, light		½ cup	1 carbohydrate, 1 fat
Ice cream, fat-free, no sugar added		½ cup	1 carbohydrate
Jam or jelly, regular		1 tbsp	1 carbohydrate
Potato chips eg. Simba	30 g		1 carbohydrate, 2 fats
Pudding, made with low-fat milk		½ cup	2 carbohydrates
Pudding, sugar free, low-fat milk		½ cup	1 carbohydrate
Salad dressing, fat free		¼ cup	1 carbohydrate
Sherbet, sorbet		½ cup	2 carbohydrate
Spaghetti or pasta sauce, canned		½ cup	1 carbohydrate, 1 fat
Syrup, regular		1 tbsp	1 carbohydrate
Yogurt, frozen, low-fat		1/3 cup	1 carbohydrate, 1 fat
Yogurt, low fat with fruit		1 cup	3 carbohydrate, 1 fat
Vanilla wafers		5	1 carbohydrate, 1 fat

FREE FOODS LIST

A free food is any food or drink that contains less than 84 kilojoules or less than 5 grams of carbohydrate per serving. Foods with a serving size listed should be limited to three servings per day. Be sure to spread them out throughout the day. If you eat all three servings at one time, it could affect your blood glucose level. Foods listed without a serving size can be eaten as often as you like.

FAT-FREE OR REDUCED-FAT FOODS

Nonstick cooking spray	
Salad dressing, fat-free	1 tbsp
Salsa	¼ cup
Orley Whip	2 tbsp

SUGAR-FREE OR LOW-SUGAR FOODS

Candy, hard, sugar-free	1 candy
Jelly, sugar-free	
Gum, sugar-free	
Jam, sugar-free	2 tbsp
Sugar substitutes	

DRINKS

Bouillon, broth, consommé	Club soda
Bouillon or broth, low-sodium	Diet soft drinks, sugar-free
Carbonated or mineral water	Drink mixes, sugar-free
Coffee	Tea
Tonic water, sugar-free	
Cocoa powder, unsweetened (1 tbsp)	

CONDIMENTS

Tomato sauce (1 tbsp)	Pickles, dill* (1 ½ large)
Horseradish	Soy sauce
Lemon juice	Limejuice
Mustard	Vinegar

SEASONINGS

Be careful with seasonings that contain sodium or are salts, such as garlic or celery salt, and lemon pepper.

Flavoring extracts	Pimento
Garlic	Tabasco or hot pepper sauce
Herbs, fresh or dried	Wine, used in cooking
Worcestershire sauce	

*= 400 mg or more sodium per choice.