

## Summary of the American Dietetics' Association Diabetes Exchange list

<b>Food</b>	<b>Exchange</b>	<b>CHO (g)</b>	<b>Protein (g)</b>	<b>Fat (g)</b>	<b>Energy (kJ)</b>
<b>Milk</b>					
• Full Cream	1	12	8	8	640
• Low Fat	1	12	8	5	525
• Skimmed or very low fat	1	12	8	1	375
<b>Vegetables</b>	1	5	2	0	120
<b>Fruit</b>	1	15	0	0	250
<b>Bread/Starch</b>	1	15	2	0	280
<b>Meat</b>					
• 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
<b>Fat</b>					
• Monounsaturated	1	0	0	5	190
• Polyunsaturated	1	0	0	5	190
• Saturated	1	0	0	5	190