

# The Foods List for Diabetic Meal Planning

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If you or someone you know has diabetes, you may be worried about what the future holds. Diabetes is likely to cause changes in your life, but with proper care, most people with diabetes can live much as they did before developing the disease.

Diabetes is a condition whereby the body does not make enough insulin or use it properly. Without insulin, the body cannot utilize food for energy. People with diabetes can have high blood glucose levels and many have high blood pressure, high cholesterol and triglyceride levels.

The two main types of diabetes are:

- Type 1 or insulin-dependent
- Type 2 or non-insulin-dependent

Type 1 is treated with daily insulin injections, regular exercise and a balanced meal plan. The daily meal plan is tailored to an individual's needs. It is likely to include three meals and two or three snacks eaten at set times each day. Type 2 is treated with an individualized diet plan that usually restricts calories so the individual can reach and maintain a healthy weight. Treatment also includes following a regular exercise plan. If diet and exercise do not control blood glucose, oral medication or insulin injections may be needed.

The nutritional goals for management of diabetes include the following:

- Maintain desirable blood glucose and blood lipid (fat) levels.

- Maintain optimal nutritional status.
- Reach and maintain a healthy weight.

Usually, a doctor will prescribe a visit with a registered dietitian (RD) or registered dietitian nutritionist (RDN) who can help the person with diabetes work out a specific meal plan. Often, the meal plan is a guide which shows the number of food choices to eat at each meal and snack using the food lists for diabetes.

The food lists for diabetes group foods together because they are alike. Foods on each list have about the same amount of carbohydrate, protein, fat and calories. In the amounts given, all choices on each list are equal. *Any food on the list can be exchanged or traded for any other food on the list.*

The lists are grouped into three main groups: carbohydrate group, protein group and fat group. The carbohydrate group contains the starch, fruit, milk, sweets, other carbohydrates and non-starchy vegetable lists. Grouping foods this way allows for more convenient exchange among these lists and more flexibility in choosing foods. The protein group contains lean, medium-fat, high-fat meat and plant-based foods list. The fat group contains monounsaturated, polyunsaturated and saturated fats lists.

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## Starch List

Each item on this list contains approximately 15 grams of carbohydrate, 3 grams of protein, a trace of fat and 80 calories. Whole grain products average about 2 grams of fiber per serving. As a general rule,  $\frac{1}{2}$  cup of cooked cereal, grain or starchy vegetable,  $\frac{1}{3}$  cup cooked rice or pasta,  $\frac{3}{4}$  to 1 ounce of most snack foods and 1 ounce of a bread product equal one serving.

### Dried Beans/Peas/Lentils

|                                                                               |                   |
|-------------------------------------------------------------------------------|-------------------|
| Beans and peas, cooked (such as kidney, white, lima, split, black-eyed) ..... | $\frac{1}{2}$ cup |
| Baked beans .....                                                             | $\frac{1}{3}$ cup |
| Lentils, cooked .....                                                         | $\frac{1}{2}$ cup |

### Starchy Vegetables

|                                         |                   |
|-----------------------------------------|-------------------|
| Corn .....                              | $\frac{1}{2}$ cup |
| Corn on the cob, 6-inch .....           | 1                 |
| Peas, green .....                       | $\frac{1}{2}$ cup |
| Potato, baked or broiled .....          | 1 small (3 oz)    |
| Potato, French-fried, oven-baked .....  | 1 cup (2 oz)      |
| Potato, mashed .....                    | $\frac{1}{2}$ cup |
| Squash, winter (acorn, butternut) ..... | 1 cup             |
| Yam, sweet potato, plain .....          | $\frac{1}{2}$ cup |
| Baked beans .....                       | $\frac{1}{3}$ cup |

### Cereals/Grains/Pasta

|                                         |                      |
|-----------------------------------------|----------------------|
| Bran cereals .....                      | $\frac{1}{2}$ cup    |
| Bulgur .....                            | $\frac{1}{2}$ cup    |
| Cooked cereals .....                    | $\frac{1}{2}$ cup    |
| Cornbread .....                         | 1 $\frac{1}{2}$ oz   |
| Grits, cooked .....                     | $\frac{1}{2}$ cup    |
| Cereals, ready-to-eat unsweetened ..... | $\frac{3}{4}$ cup    |
| Cereals, sugar-coated .....             | $\frac{1}{2}$ cup    |
| Pasta, cooked .....                     | $\frac{1}{3}$ cup    |
| Puffed cereal .....                     | 1 $\frac{1}{2}$ cups |
| Rice, white or brown (cooked) .....     | $\frac{1}{3}$ cup    |
| Shredded wheat .....                    | $\frac{1}{2}$ cup    |
| Wheat germ .....                        | 3 tablespoons        |

### Bread

|                                     |                                     |
|-------------------------------------|-------------------------------------|
| Bagel .....                         | $\frac{1}{4}$ large bagel<br>(1 oz) |
| Bread, reduced-calorie, light ..... | 2 slices (1 $\frac{1}{2}$ oz)       |

|                                                           |                                       |
|-----------------------------------------------------------|---------------------------------------|
| Bread-white, wheat, rye, raisin .....                     | 1 slice (1 oz)                        |
| English muffin .....                                      | $\frac{1}{2}$ muffin                  |
| Frankfurter or hamburger bun .....                        | $\frac{1}{2}$ bun ( $\frac{3}{4}$ oz) |
| Pancake, 4 inches across .....                            | 1                                     |
| Pita, 6 inches across .....                               | $\frac{1}{2}$ pita                    |
| Plain roll, small .....                                   | 1 small roll (1 oz)                   |
| Tortilla, (corn, white or wheat)<br>6 inches across ..... | 1 tortilla                            |
| Waffle, 4-inch square .....                               | 1 waffle                              |

### Crackers/Snacks

|                                               |                                              |
|-----------------------------------------------|----------------------------------------------|
| Animal crackers .....                         | 8 crackers                                   |
| Graham crackers, 2 $\frac{1}{2}$ inches ..... | 3 crackers                                   |
| Granola .....                                 | 1 bar or $\frac{3}{4}$ cup                   |
| Matzoth .....                                 | $\frac{3}{4}$ oz                             |
| Melba toast .....                             | 4 pieces                                     |
| Oyster crackers .....                         | 20 crackers                                  |
| Popcorn (popped, no fat added) .....          | 3 cups                                       |
| Pretzels .....                                | $\frac{3}{4}$ oz                             |
| Rice cakes, 4 inches across .....             | 2 cakes                                      |
| Saltine-type crackers .....                   | 6 crackers                                   |
| Whole wheat crackers (baked) .....            | 5 regular or<br>10 thins ( $\frac{3}{4}$ oz) |

### Starchy Foods Prepared With Fat

(Count as 1 starch/bread serving plus 1 fat serving.)

|                                              |                   |
|----------------------------------------------|-------------------|
| Biscuit, 2 $\frac{1}{2}$ inches across ..... | 1 biscuit         |
| Chow mein noodles .....                      | $\frac{1}{2}$ cup |
| Cracker, round butter type .....             | 6 crackers        |
| Muffin, plain, small, homemade .....         | 1 oz              |
| Stuffing, bread (prepared) .....             | $\frac{1}{3}$ cup |
| Taco shell, 5 inches across .....            | 2 taco shells     |
| Sandwich crackers, cheese/peanut butter .... | 3 crackers        |

## Fruit List

Each item on this list contains about 15 grams of carbohydrate and 60 calories. Fresh, frozen and dry fruits are good sources of fiber per serving. Fruit juices contain very little dietary fiber.

Use fresh fruits or frozen or canned fruits without added sugar. Unless stated otherwise, the serving size for one fruit choice may include one of the following:

- 1 small fresh fruit ( $\frac{3}{4}$  to 1 cup)
- $\frac{1}{2}$  cup of canned or frozen fruit or fruit juice
- $\frac{1}{8}$  cup (2 tablespoons) of dried fruit

|                                    |                                      |
|------------------------------------|--------------------------------------|
| Apple (raw, 2 inches across) ..... | 1 apple (4 oz)                       |
| Applesauce (unsweetened) .....     | $\frac{1}{2}$ cup                    |
| Apricots (medium, raw) .....       | 4 apricots                           |
| Apricots (canned) .....            | $\frac{1}{2}$ cup                    |
| Banana (extra small) .....         | 1 banana (4 oz)                      |
| Blackberries (raw) .....           | 1 cup                                |
| Blueberries (raw) .....            | $\frac{3}{4}$ cup                    |
| Cantaloupe (cubes) .....           | 1 cup                                |
| Cherries (large, raw) .....        | 12 cherries                          |
| Cherries (canned) .....            | $\frac{1}{2}$ cup                    |
| Figs (raw) .....                   | 1 $\frac{1}{2}$ large or<br>2 medium |
| Fruit cocktail (canned) .....      | $\frac{1}{2}$ cup                    |

|                            |                                             |
|----------------------------|---------------------------------------------|
| Grapefruit (large) .....   | $\frac{1}{2}$ fruit                         |
| Grapefruit, segments ..... | $\frac{3}{4}$ cup                           |
| Honeydew (cubes) .....     | 1 cup                                       |
| Kiwi (sliced) .....        | $\frac{1}{2}$ cup                           |
| Mandarin oranges .....     | $\frac{3}{4}$ cup                           |
| Mango (small) .....        | $\frac{1}{2}$ mango or<br>$\frac{1}{2}$ cup |
| Nectarine (small) .....    | 1 nectarine                                 |
| Orange (medium) .....      | 1 orange                                    |
| Peach (medium) .....       | 1 peach (6 oz)                              |
| Peaches (canned) .....     | $\frac{1}{2}$ cup                           |
| Pear .....                 | $\frac{1}{2}$ large pear<br>(4 oz)          |

|                                |         |
|--------------------------------|---------|
| Pears (canned).....            | ½ cup   |
| Pineapple (raw).....           | ¾ cup   |
| Pineapple (canned).....        | ½ cup   |
| Plums (small) .....            | 2 plums |
| Raspberries (raw).....         | 1 cup   |
| Strawberries (raw, whole)..... | 1¼ cups |
| Tangerine (large).....         | 1 fruit |
| Watermelon, cubes .....        | 1¼ cups |

#### Dried Fruit

|                |          |
|----------------|----------|
| Apples .....   | 4 rings  |
| Apricots ..... | 8 halves |
| Dates.....     | 3 small  |
| Figs.....      | 3 small  |

|              |               |
|--------------|---------------|
| Prunes ..... | 3 medium      |
| Raisins..... | 2 tablespoons |

#### Fruit Juices

|                                                      |       |
|------------------------------------------------------|-------|
| Apple juice/cider .....                              | ½ cup |
| Cranberry juice, 100% juice,<br>no sugar added ..... | ½ cup |
| Grapefruit juice.....                                | ½ cup |
| Fruit juice blends, 100% juice .....                 | ⅓ cup |
| Grape juice .....                                    | ⅓ cup |
| Orange juice .....                                   | ½ cup |
| Pineapple juice .....                                | ½ cup |
| Prune juice .....                                    | ⅓ cup |

## Milk List

*Each serving of milk or milk product on this list contains about 12 grams of carbohydrate and 8 grams of protein. Calories vary depending on the amount of fat in the kind of milk you choose. The list is divided into fat-free (skim) and low-fat milk (1%), reduced-fat milk (2%) and whole milk.*

#### Fat-Free (Skim) and Low-Fat Milk (1%)

*(One exchange contains 12 grams of carbohydrate, 8 grams of protein, 0-3 grams of fat and 100 calories.)*

|                                                                         |              |
|-------------------------------------------------------------------------|--------------|
| Milk .....                                                              | 1 cup        |
| Buttermilk .....                                                        | 1 cup        |
| Evaporated skim milk .....                                              | ½ cup        |
| Dry nonfat milk .....                                                   | ⅓ cup        |
| Yogurt, plain or Greek .....                                            | ⅔ cup (6 oz) |
| Fruit-flavored yogurt with aspartame<br>or non-nutritive sweetener..... | ⅔ cup        |

#### Reduced-Fat Milk (2%)

*(One exchange contains 12 grams of carbohydrate, 8 grams of protein, 5 grams of fat and 120 calories.)*

|                     |       |
|---------------------|-------|
| Milk .....          | 1 cup |
| Yogurt, plain ..... | ⅔ cup |

#### Whole Milk

*(One exchange contains 12 grams of carbohydrate, 8 grams of protein, 8 grams of fat and 150 calories.) Limit choices from the whole milk category as much as possible.*

|                       |       |
|-----------------------|-------|
| Milk .....            | 1 cup |
| Evaporated milk ..... | ½ cup |
| Goat's milk .....     | 1 cup |

## Other Carbohydrate List

*Foods in this list can be substituted for foods from the starch, fruit or milk lists. Some will also count as one or more fat exchanges.*

| Food                                          | Serving Size                  | Exchanges Per Serving           |
|-----------------------------------------------|-------------------------------|---------------------------------|
| Angel food cake, unfrosted.....               | 1/12 cake (about 2 oz) .....  | 2 carbohydrates                 |
| Brownie, small, unfrosted .....               | 1¼" square (about 1 oz) ..... | 1 carbohydrate, 1 fat           |
| Cake, unfrosted .....                         | 2" square (about 1 oz) .....  | 1 carbohydrate, 1 fat           |
| Cake, frosted .....                           | 2" square (about 2 oz) .....  | 2 carbohydrates, 1 fat          |
| Cookie, chocolate chip .....                  | 2 cookies (2¼" across) .....  | 1 carbohydrate, 2 fats          |
| Doughnut, plain cake.....                     | 1 medium .....                | 1½ carbohydrates, 2 fats        |
| Doughnut, glazed .....                        | 1 (3¾" across).....           | 2 carbohydrates, 2 fats         |
| Fruit spreads, 100% fruit .....               | 1½ tablespoons.....           | 1 carbohydrate                  |
| Gelatin, regular .....                        | ½ cup .....                   | 1 carbohydrate                  |
| Ice cream.....                                | ½ cup .....                   | 1 carbohydrate, 2 fats          |
| Ice cream, light .....                        | ½ cup .....                   | 1 carbohydrate, 1 fat           |
| Ice cream, fat-free .....                     | ½ cup .....                   | 1½ carbohydrates                |
| Ice cream, no sugar added.....                | ½ cup .....                   | 1 carbohydrate, 1 fat           |
| Pie, fruit, 2 crusts.....                     | 1/6 of 8-inch pie .....       | 3 carbohydrates, 2 fats         |
| Pie, pumpkin or custard.....                  | 1/8 of 8-inch pie .....       | 1½ carbohydrates, 1½ fats       |
| Pudding, regular, with reduced-fat milk ..... | ½ cup .....                   | 2 carbohydrates                 |
| Pudding, sugar-free, fat-free milk .....      | ½ cup .....                   | 1 carbohydrate                  |
| Snack chips, regular .....                    | 1 oz .....                    | 1 carbohydrate, 2 fats          |
| Sherbet, sorbet .....                         | ½ cup .....                   | 2 carbohydrates                 |
| Spaghetti sauce, canned .....                 | ½ cup .....                   | 1 carbohydrate,                 |
| Sweet roll or Danish .....                    | 1 pastry (2½ oz).....         | 2½ carbohydrates, 2 fats        |
| Syrup, regular .....                          | 1 tablespoon .....            | 1 carbohydrate                  |
| Yogurt, frozen, fat-free .....                | ⅓ cup .....                   | 1 carbohydrate,                 |
| Yogurt, low-fat with fruit .....              |                               | 1 carbohydrate, 1 fat-free milk |

## Non-Starchy Vegetable List

*Each vegetable on this list contains about 5 grams of carbohydrate, 2 grams of protein, 0 grams of fat and 25 calories. Vegetables contain 2 to 3 grams of dietary fiber. Unless stated otherwise, one vegetable exchange is as follows:*

- ½ cup of cooked vegetable or vegetable juice
- 1 cup of raw vegetables

|                                                |                                |                            |
|------------------------------------------------|--------------------------------|----------------------------|
| Cucumber                                       | Okra                           | Summer squash              |
| Eggplant                                       | Onions                         | Tomato                     |
| Greens (collard, kale, mustard, turnip)        | Pea pods                       | Tomato sauce (unsweetened) |
| Green onions                                   | Peppers (all varieties)        | Tomato/vegetable juice     |
| Kohlrabi                                       | Radishes                       | Turnips                    |
| Leeks                                          | Salad greens                   | Water chestnuts            |
| Mixed vegetables (without corn, peas or pasta) | Sauerkraut, drained and rinsed | Watercress                 |
| Mushrooms, all kinds, fresh                    | Spinach                        |                            |

## Protein List

*Each serving of protein (meats and plant-based) on this list contains about 7 grams of protein. The amount of fat and calories varies, depending on the choice. The list is divided into lean protein, medium-fat protein, high-fat protein and plant-based protein. One protein exchange is as follows:*

- 1 ounce of meat, poultry, fish or cheese
- ½ cup dried beans

### Lean Protein

*(One exchange has 7 grams of protein, 2 grams fat and 45 calories and equals any one of the following items.)*

|                                                                                                                                                                                                |                  |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------|
| Beef: USDA Select or Choice grades trimmed of fat, tenderloin; roast (round, sirloin, chuck, rump);<br>steak (flank, T-bone, porterhouse, cubed); ground (90% or higher lean/10% or lower fat) | 1 oz             |
| Beef jerky                                                                                                                                                                                     | ½ oz             |
| Cheese with 3 grams or less fat per ounce:                                                                                                                                                     |                  |
| Nonfat or low-fat cheese                                                                                                                                                                       | 1 oz             |
| Curd style cheese: cottage, ricotta                                                                                                                                                            | ¼ cup            |
| Eggs:                                                                                                                                                                                          |                  |
| Egg whites                                                                                                                                                                                     | 2                |
| Egg substitutes, plain                                                                                                                                                                         | ¼ cup            |
| Fish:                                                                                                                                                                                          |                  |
| Fresh or frozen catfish, cod, flounder, haddock, halibut, trout; orange roughy, tilapia, tuna,<br>fresh or canned in water, salmon (fresh or canned), smoked herring or salmon                 | 1 oz             |
| Sardines, canned                                                                                                                                                                               | 2 small sardines |
| Shellfish: clams, crab, lobster, scallops, shrimp, imitation shellfish                                                                                                                         | 1 oz             |
| Game: pheasant (no skin), rabbit, venison, buffalo, ostrich                                                                                                                                    | 1 oz             |
| Lamb: roast, chop, leg                                                                                                                                                                         | 1 oz             |
| Organ meats: heart, liver, kidney (high cholesterol)                                                                                                                                           | 1 oz             |
| Other:                                                                                                                                                                                         |                  |
| Hot dogs with 3 grams or less fat per ounce                                                                                                                                                    | 1¾ oz            |
| Processed sandwich meats with 3 grams or less fat per ounce, such as<br>deli thin, shaved meats, chipped beef, turkey ham                                                                      | 1 oz             |
| Pork: lean pork such as fresh ham; Canadian bacon, tenderloin; rib or loin chop/roast                                                                                                          | 1 oz             |
| Poultry, without skin: chicken, domestic duck or goose, Cornish hen; lean ground turkey or chicken                                                                                             | 1 oz             |
| Sausage with 3 grams or less fat per ounce                                                                                                                                                     | 1 oz             |
| Veal: loin, chop, roast                                                                                                                                                                        | 1 oz             |

### Medium-Fat Protein

*(One exchange has 0 grams of carbohydrate, 7 grams of protein, 5 grams of fat and 75 calories.)*

|                                                                                                                               |              |
|-------------------------------------------------------------------------------------------------------------------------------|--------------|
| Beef: ground beef (85% or lower lean/15% or higher fat), meatloaf, corned beef, short ribs,<br>prime cuts (rib roast), tongue | 1 oz         |
| Fish: any fried fish product                                                                                                  | 1 oz         |
| Roast                                                                                                                         | 1 oz         |
| Cheese: with 4-7 grams of fat per ounce:                                                                                      |              |
| Ricotta                                                                                                                       | 2 oz (¼ cup) |
| Feta, mozzarella, pasteurized processed cheese spread, reduced fat cheeses                                                    | 1 oz         |
| Egg                                                                                                                           | 1 egg        |
| Lamb: ground, rib, roast                                                                                                      | 1 oz         |
| Pork: cutlet, ground, shoulder roast                                                                                          | 1 oz         |

|                                                                      |      |
|----------------------------------------------------------------------|------|
| Poultry with skin: chicken, dove, pheasant, turkey, wild goose ..... | 1 oz |
| Sausage with 4-7 grams of fat per ounce .....                        | 1 oz |

## High-Fat Protein

(One exchange has 0 grams of carbohydrate, 7 grams of protein, 8 grams of fat and 100 calories.)

|                                                                                                              |          |
|--------------------------------------------------------------------------------------------------------------|----------|
| Bacon, pork .....                                                                                            | 2 slices |
| Bacon, turkey .....                                                                                          | 3 slices |
| Cheese, regular: American, Cheddar, Swiss, Monterey Jack, blue-veined, brie, goat,<br>Parmesan, queso .....  | 1 oz     |
| Pork: spareribs, sausage .....                                                                               | 1 oz     |
| Processed sandwich meats with 8 grams or more fat per ounce, such as bologna, hard<br>salami, pastrami ..... | 1 oz     |
| Sausage, such as bratwurst, chorizo, knockwurst, smoked, summer, Polish, Italian .....                       | 1 oz     |

## Plant-Based Protein

(Read food labels to correctly understand carbohydrate content.)

|                                                                                                                                                 |                                                                   |
|-------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------|
| 'Bacon' strips, soy-based .....                                                                                                                 | 2 strips (½ oz) = 1 lean protein                                  |
| Baked beans, canned .....                                                                                                                       | ½ cup = 1 lean protein + 1 starch                                 |
| Beans and peas (black, garbanzo, kidney, lima,<br>navy, pinto, white, black-eyed and split peas),<br>cooked or canned, drained and rinsed ..... | ½ cup = 1 lean protein + 1 starch                                 |
| 'Beef' or 'sausage' crumbles, meatless .....                                                                                                    | 1 oz = 1 lean protein                                             |
| 'Chicken' nuggets, soy-based .....                                                                                                              | 2 nuggets (1½ oz) = 1 medium-fat protein + ½ carbohydrate         |
| Edamame, shelled .....                                                                                                                          | ½ cup = 1 lean protein + ½ carbohydrate                           |
| Falafel .....                                                                                                                                   | 3 patties (2 inches across) = 1 high-fat protein + 1 carbohydrate |
| Hot dog, meatless, soy-based .....                                                                                                              | 1 hot dog = 1 lean protein                                        |
| Hummus .....                                                                                                                                    | ½ cup = 1 medium-fat protein + 1 carbohydrate                     |
| Lentils, cooked or canned, drained and rinsed .....                                                                                             | ½ cup = 1 lean protein + 1 starch                                 |
| Meatless burger, soy-based .....                                                                                                                | 3 oz = 2 lean proteins + ½ carbohydrate                           |
| Meatless burger, vegetables and starch based .....                                                                                              | 1 patty (approximately 2½ oz) = 1 lean protein + ½ carbohydrate   |
| Meatless, deli slices .....                                                                                                                     | 1 oz = 1 lean protein                                             |
| 'Chicken' tenders or crumbles, meatless .....                                                                                                   | 2 oz = 1 lean protein + ½ carbohydrate                            |
| Nut spreads/butters: almond, cashew, peanut, soy nut .....                                                                                      | 1 tablespoon = 1 high-fat protein                                 |
| Refried beans, canned .....                                                                                                                     | ½ cup = 1 lean protein + 1 starch                                 |
| 'Sausage' breakfast-type patties, meatless .....                                                                                                | 1 (1½ oz) = 1 medium-fat protein                                  |
| Soy nuts, unsalted .....                                                                                                                        | ¾ oz = 1 medium-fat protein + ½ carbohydrate                      |
| Tempeh, plain .....                                                                                                                             | ¼ cup (1½ oz) = 1 medium-fat protein                              |
| Tofu .....                                                                                                                                      | ½ cup (4 oz) = 1 medium-fat protein                               |
| Tofu, light .....                                                                                                                               | ½ cup (4 oz) = 1 lean protein                                     |

## Fat List

*Fats are divided into three groups: unsaturated fats (monounsaturated, polyunsaturated), saturated fats (animal sources) and trans fat (very unhealthy, best avoided). Each serving on the fat list contains 5 grams of fat and 45 calories. Items on this list should be used sparingly.*

### Monounsaturated Fats

|                                                |                         |
|------------------------------------------------|-------------------------|
| Avocado, medium .....                          | 2 tablespoons<br>(1 oz) |
| Oil (canola, olive, peanut) .....              | 1 teaspoon              |
| Olives: ripe (black) .....                     | 8 large                 |
| green, stuffed .....                           | 10 large                |
| Nuts:                                          |                         |
| Almonds, cashews, mixed<br>(50% peanuts) ..... | 6 nuts                  |
| Peanuts .....                                  | 10 nuts                 |
| Pecans .....                                   | 4 halves                |
| Peanut butter, smooth or crunchy .....         | 1½ teaspoons            |

### Polyunsaturated Fats

|                                       |              |
|---------------------------------------|--------------|
| Margarine (stick, tub, squeeze) ..... | 1 teaspoon   |
| Margarine, reduced-fat .....          | 1 tablespoon |
| Mayonnaise, regular .....             | 1 teaspoon   |
| Mayonnaise, reduced-fat .....         | 1 tablespoon |
| Oil (corn, safflower, soybean) .....  | 1 teaspoon   |
| Salad dressings, regular .....        | 1 tablespoon |

Salad dressings, reduced-fat (may

|                                           |               |
|-------------------------------------------|---------------|
| contain carbohydrate) .....               | 2 tablespoons |
| Seeds, pumpkin, sesame or sunflower ..... | 1 tablespoon  |

### Saturated Fats

|                                    |                         |
|------------------------------------|-------------------------|
| Butter: stick .....                | 1 teaspoon              |
| whipped .....                      | 2 teaspoons             |
| reduced fat .....                  | 1 tablespoon            |
| Bacon .....                        | 1 slice                 |
| Chitterlings .....                 | ½ oz<br>(2 tablespoons) |
| Coconut, sweetened, shredded ..... | 2 tablespoons           |
| Cream, light .....                 | 1½ tablespoons          |
| whipped or half and half .....     | 2 tablespoons           |
| heavy, whipping .....              | 1 tablespoon            |
| Sour Cream, regular .....          | 2 tablespoons           |
| reduced fat .....                  | 3 tablespoons           |
| Cream cheese, regular .....        | 1 tablespoon            |
| Cream cheese, reduced fat .....    | 1½ tablespoons          |
| Salt pork .....                    | ¼ oz                    |



## Free Foods

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*A free food is any food or drink that contains less than 20 calories and 5 grams or less carbohydrate per serving. Use as much as you want for those items that have no serving size specified. Items that have a specific serving size should be limited to 3 servings per day.*

### Fat-Free or Reduced-Fat Foods

|                                                            |               |
|------------------------------------------------------------|---------------|
| Cream cheese, fat-free .....                               | 1 tablespoon  |
| Creamers, nondairy, liquid, flavored .....                 | 1½ teaspoons  |
| Creamers, nondairy, flavored,<br>powdered.....             | 1 teaspoon    |
| Creamers, nondairy, sugar-free,<br>powdered, flavored..... | 2 teaspoons   |
| Mayonnaise, fat-free .....                                 | 1 tablespoon  |
| Mayonnaise, reduced-fat.....                               | 1 teaspoon    |
| Margarine, fat-free.....                                   | 4 tablespoons |
| Margarine, reduced-fat.....                                | 1 teaspoon    |
| Salad dressing, mayonnaise-type,<br>reduced fat .....      | 2 teaspoons   |
| Salad dressing, fat-free.....                              | 1 tablespoon  |
| Salad dressing, fat-free, Italian .....                    | 2 tablespoons |
| Salsa .....                                                | ¼ cup         |
| Sour cream, fat-free or reduced fat.....                   | 1 tablespoon  |
| Whipped topping, light or fat-free.....                    | 2 tablespoons |
| Whipped topping, regular .....                             | 1 tablespoon  |

### Sugar-Free or Low-Sugar Foods

|                               |         |
|-------------------------------|---------|
| Candy, hard, sugar-free ..... | 1 candy |
| Gelatin, sugar-free           |         |

|                                 |               |
|---------------------------------|---------------|
| Gum, sugar-free                 |               |
| Jam/jelly, sugar-free .....     | 2 teaspoons   |
| Pancake syrup, sugar-free ..... | 2 tablespoons |
| Sugar substitute                |               |

### Drinks

|                                                  |              |
|--------------------------------------------------|--------------|
| Bouillon or broth without fat                    |              |
| Bouillon, low-sodium                             |              |
| Carbonated drinks, sugar-free                    |              |
| Club soda                                        |              |
| Cocoa powder, unsweetened.....                   | 1 tablespoon |
| Coffee/tea, unsweetened or with sugar substitute |              |
| Drink mixes, sugar-free                          |              |
| Tonic water, sugar-free                          |              |

### Condiments

|                                   |              |
|-----------------------------------|--------------|
| Catsup .....                      | 1 tablespoon |
| Horseradish                       |              |
| Lemon or lime juice               |              |
| Dill pickles, unsweetened.....    | 1½ medium    |
| Soy sauce, light or regular ..... | 1 tablespoon |
| Taco sauce .....                  | 1 tablespoon |
| Vinegar                           |              |

## Combination Foods

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*Many foods we eat are combinations of foods that do not fit into only one exchange list. This list gives average values for some typical combination foods and can help you fit these foods into your meal plan.*

| Food                                    | Amount            | Exchange                                         |
|-----------------------------------------|-------------------|--------------------------------------------------|
| Casseroles, homemade .....              | 1 cup (8 oz)..... | 2 carbohydrates + 2 medium-fat proteins          |
| Cheese pizza, thin crust.....           | ¼ of 12" .....    | 2 carbohydrates + 2 medium-fat proteins          |
| Pizza, meat topping, thin crust.....    | ¼ of 12" .....    | 2 carbohydrates + 2 medium-fat proteins + 1½ fat |
| Soups                                   |                   |                                                  |
| Bean or split pea .....                 | 1 cup (8 oz)..... | 1½ carbohydrate + 1 lean protein                 |
| Cream, made with water .....            | 1 cup (8 oz)..... | 1 carbohydrate + 1 fat                           |
| Vegetable, beef or chicken noodle ..... | 1 cup (8 oz)..... | 1 carbohydrate + 1 lean protein                  |

A meal plan for persons with diabetes is flexible and can be adjusted for varying needs, likes and dislikes. Check with your RD or RDN regularly to review your meal plan and ask any questions you may have. Your county Extension agent - family and consumer sciences can also provide information on healthy eating.

**Reference:** *Choose Your Foods – Food Lists for Diabetes*, The American Diabetes Association and the Academy of Nutrition and Dietetics, 2014.

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