

# Food List for Meal Planning

## Key

\* Foods marked with \* should be counted as 1 starch + 1 fat per serving

☺ Foods marked with ☺ contain more than 3 grams of dietary fiber per serving

! Foods marked with ! contain 480 mg or more of sodium per serving

oz= ounce

tsp= teaspoon

Tbsp= Tablespoon

## Resources:

**Choose Your Foods: Exchange Lists for Diabetes,** American Diabetes Association and American Dietetic Association, 2007.

**Beyond Rice and Beans** by Lorena Drago (American Diabetes Association, 2006)

## Starch

Each serving from this list contains **15 grams carbohydrate**, 0-3 grams protein, 0-1 gram fat and 80 calories.

These foods are the cornerstone of a healthy eating plan. Most of their calories come from carbohydrate, a good source of energy. Many foods from this group also give you fiber, vitamins and minerals. Prepare and eat starchy foods with as little added fat as possible. Choose whole grain starches as often as you can.

In general, a single serving of starch is:

- 1/2 cup of cooked cereal, grain or starchy vegetable
- 1/3 cup of cooked rice or pasta
- 1 oz of a bread product such as 1 slice of whole wheat bread
- 3/4 to 1 oz of most snack foods (some snack foods may also have extra fat)

Bread	Serving Size
Bagel, large (about 4 oz)	1/4 (1 oz)
*Biscuit, 2 1/2 inches across	1
Bread (whole wheat, white or rye)	1 slice (1 oz)
*Cornbread	1 3/4 inch cube (1 1/2 oz)
English muffin	1/2
Hot dog or hamburger bun	1/2 (1 oz)
Pancake	4 inches across, 1/4 inch thick (1)
Pita pocket bread (6" across)	1/2
Roll, plain, small	1 (1 oz)
Tortilla, corn or flour (6" across)	1
*Waffle	4 inch square or 4 inches across (1)

Cereals and Grains	Serving Size
Cereals, cooked (oats, oatmeal)	1/2 cup
Cereals, unsweetened, ready-to-eat	3/4 cup
Couscous	1/3 cup
Granola, low-fat	1/4 cup
Pasta, cooked	1/3 cup
Rice, white or brown, cooked	1/3 cup

## Starchy Vegetables

	Serving Size
Breadfruit	1/4 cup small cubes
Corn, cooked	1/2 cup
Corn on cob, large	1/2 cob (5 oz)
☺ Hominy, canned	3/4 cup
☺ Peas, green, cooked	1/2 cup
Plantain, ripe	1/3 cup
Potato	
baked with skin	1/4 large (3 oz)
boiled, all kinds	1/2 cup or 1/2 medium (3 oz)
* mashed with milk and fat	1/2 cup
French fried (oven-baked)	1 cup (2 oz)
Spaghetti/pasta sauce	1/2 cup
☺ Squash, winter (acorn, butternut)	1 cup
Yam, sweet potato, plain	1/2 cup
Yucca	1/3 cup

## Crackers and Snacks

	Serving Size
Crackers	
*round, butter-type	6
saltines	6
Graham cracker, 2 1/2 inch square	3
Popcorn	
* ☺ with butter	3 cups
☺ lower fat or no fat added	3 cups
Pretzels	3/4 oz
Snack chips (tortilla chips, potato chips)	
fat-free or baked	15-20 (3/4 oz)
* regular	9-13 (3/4 oz)

## Beans, Peas and Lentils

(Count as 1 Starch + 1 Lean Meat)	Serving Size
☺ Baked beans	1/3 cup
☺ Beans, cooked (black, garbanzo, kidney, lima, navy, pinto, white)	1/2 cup
☺ Lentils, cooked (brown, green, yellow)	1/2 cup
☺ Peas, cooked (black-eyed, split)	1/2 cup

## Fruits

Each serving from this list contains **15 grams carbohydrate**, 0 grams fat, 0 grams protein and 60 calories.

Fruits are good sources of fiber, regardless if they are fresh, frozen, or dried. Fruit juices contain very little fiber. Choose fruits instead of juices whenever possible. When using canned fruit, choose fruit packed in its own juice or light syrup.

In general, a single serving of fruit is:

- 1/2 cup of canned or fresh fruit or unsweetened fruit juice
- 1 small fresh fruit (4 oz)
- 2 tablespoons of dried fruit

Fruit	Serving Size
Apple, unpeeled, small	1 (4 oz)
Applesauce, unsweetened	1/2 cup
Banana, extra small	1 (4 oz)
Berries	
☺ Blackberries	3/4 cup
Blueberries	3/4 cup
☺ Raspberries	1 cup

☺ Strawberries	1 1/4 cup whole berries
Cantaloupe, small	1/3 melon or 1 cup cubed (11 oz)
Cherries, sweet fresh	12 (3 oz)
Dried fruits (blueberries, cherries, cranberries, mixed fruit, raisins)	2 Tbsp
Grapefruit, large	1/2 (11 oz)
Grapes, small	17 (3 oz)
Guava	1/2 cup
☺ Kiwi	1 (3 1/2 oz)
Mandarin oranges, canned	3/4 cup
Mango, small	1/2 fruit (5 1/2 oz) or 1/2 cup
☺ Orange, small	1 (6 1/2 oz)
Papaya	1/2 fruit or 1 cup cubed (8 oz)
Passion fruit	1/4 cup
Peaches (fresh, medium)	1 (6 oz)
Pears (fresh, large)	1/2 (4 oz)
Pineapple (fresh)	3/4 cup
Plums	
dried (prunes)	3
small	2 (5 oz)
Tamarind	1/4 cup whole or 1 oz dried
Watermelon	1 slice or 1 1/4 cups cubes (13 1/2 oz)

## Fruit Juice

	Serving Size
Apple, grapefruit, orange, pineapple	1/2 cup
Fruit juice blends, 100% juice,	
grape juice, prune juice	1/3 cup

## Milk

Milk and yogurt are rich in calcium and protein. Choose fat-free, low-fat and reduced-fat varieties for health. They have less saturated fat and cholesterol than whole milk products.

**Fat-free (skim) or low-fat (1%) milk and yogurt:** Each serving from this list contains **12 grams carbohydrate**, 8 grams protein, 0-3 grams fat and 100 calories.

Milk, buttermilk, acidophilus milk, Lactaid	1 cup
Evaporated milk	1/2 cup
Yogurt, plain or flavored with a low calorie sweetener	2/3 cup (6 oz)

**Reduced-fat (2%) milk and yogurt:** Each serving from this list contains **12 grams carbohydrate**, 8 grams protein, 5 grams fat and 120 calories.

Milk, acidophilus milk, kefir, Lactaid	1 cup
Yogurt, plain	2/3 cup (6 oz)

**Whole milk and yogurt:** Each serving from this list contains **12 grams carbohydrate**, 8 grams protein, 8 grams fat and 160 calories.

Milk, buttermilk, goat's milk	1 cup
Evaporated milk	1/2 cup
Yogurt, plain	8 oz

## Dairy-Like Foods

	Serving Size
Chocolate milk	
fat-free	1 cup
(1 fat-free milk + 1 carbohydrate)	
whole	1 cup
(1 whole milk + 1 carbohydrate)	