

EXCHANGE LIST

EXCHANGE LIST INSTRUCTIONS

In order to use the exchange list properly, simple follow these three steps using the diagram provided.

PROGRAM MENU

A)	Meal One	Cal	Pro	Carbs	Fat	Exchange
	1.00 cup(s) ORANGE JUICE	110	1.80	25.80	0.40	2.0/III



EXCHANGE GROUP III

B)		Cal	Pro	Carbs	Fat
	0.5 cup APPLE JUICE	58	0.10	14.50	0.20



- 1) Assume that you would like to exchange* ORANGE JUICE for APPLE JUICE. Find the proper "exchange group" in Diagram (A), then determine the "serving size" of desired (apple juice) in Diagram (B).
- 2) Determine the "number of exchanges allowed" in Diagram (A). Try to closely match calorie count.
- 3) Now multiply the "number of exchanges allowed" by the "serving size" of the desired food.

EXAMPLE: "Number of exchanges allowed" (2.0) x "serving size" of desired food (0.5 cup) = 1.00 cup of apple juice.



AMT	UNITS	FREE FOOD	CALORIES	PRO	CARBO	FAT	GRP I
1	tblsp.	apple butter (limit 1)	0	0	0	0	I
1	serving	artificial sweetener	0	0	0	0	I
1	tblsp.	Butter Buds (limit 3)	0	0	0	0	I
1	cup(s)	coffee (plain)	0	0	0	0	I
1		cooking spray (non-caloric)	0	0	0	0	I
1		Crystal Light frozen bar	0	0	0	0	I
8	oz.	diet soda	0	0	0	0	I
1	tblsp.	dressing (non-fat) (limit 2)	0	0	0	0	I
1	tblsp.	Estee syrup (limit 3)	0	0	0	0	I
1	tblsp.	hot sauce	0	0	0	0	I
1		lemon	0	0	0	0	I
1		lime	0	0	0	0	I
1	tblsp.	Log Cabin Lite (limit 2)	0	0	0	0	I
1	tblsp.	low-cal jelly (limit 3)	0	0	0	0	I
1	tblsp.	mayonnaise (non-fat) (limit 3)	0	0	0	0	I
8	oz.	mineral water (non-caloric)	0	0	0	0	I
1	tblsp.	Molly McButter (limit 3)	0	0	0	0	I
1	tblsp.	mustard	0	0	0	0	I
1	serving	powdered spices	0	0	0	0	I
1	serving	raw leafy green vegetable	0	0	0	0	I
1	tblsp.	salsa (no sugar)	0	0	0	0	I
1	tblsp.	sour cream (non-fat) (limit 3)	0	0	0	0	I
1	tblsp.	soy sauce	0	0	0	0	I
1		sugar-free fudgesicles	0	0	0	0	I
0.5	cup(s)	sugar-free jello (limit)	0	0	0	0	I
1	stick	sugarless gum	0	0	0	0	I
1	cup(s)	tea (plain)	0	0	0	0	I
1	tblsp.	tomato sauce (oil free)	0	0	0	0	I
1	tblsp.	vinegar	0	0	0	0	I
1	tblsp.	Worcestershire Sauce	0	0	0	0	I

AMT	UNITS	VEGETABLES	CALORIES	PRO	CARBO	FAT	GRP II
4	cup(s)	alfalfa sprouts (raw)	40	5.20	5.20	0.80	II
1	med.	artichoke (boiled)	53	2.80	12.40	0.20	II
1	cup(s)	asparagus (raw)	35	3.40	6.80	0.30	II
6		asparagus spears (cooked)	22	2.30	4.00	0.30	II
1	cup(s)	bamboo shoots	36	3.47	6.90	0.40	II
1	cup(s)	beans, string	22	1.40	3.60	0.20	II
1	cup(s)	beets (cooked)	52	1.80	11.40	0	II
1	cup(s)	broccoli (cooked)	46	4.60	8.60	0.40	II
1	cup(s)	broccoli (steamed)	46	4.60	8.60	0.40	II
1	cup(s)	broccoli (steamed)	40	4.80	7.00	0.50	II
0.5	cup(s)	Brussels sprouts (cooked)	30	2.00	6.60	0.40	II
1	cup(s)	cabbage (cooked)	29	1.60	6.20	0.30	II
2	cup(s)	cabbage (raw)	32	1.60	7.60	0.40	II
1	cup(s)	cabbage (steamed)	29	1.60	6.00	0.30	II
1	med.	carrot (raw)	31	0.70	7.30	0.10	II
0.5	cup(s)	carrot juice	49	1.20	11.40	0.20	II
1	cup(s)	carrots (cooked)	48	1.40	11.00	0.30	II
2	tblsp.	catsup	32	0.60	7.60	0.20	II
1	cup(s)	cauliflower (cooked)	28	2.90	5.10	0.30	II
1	cup(s)	cauliflower (raw)	27	2.70	5.20	0.20	II
1	cup(s)	cauliflower (steamed)	28	2.90	5.10	0.30	II
1	cup(s)	celery (cooked)	21	1.20	4.70	0.20	II
6		celery (raw) (7.5")	36	1.80	9.00	0.60	II
1	cup(s)	collards (cooked)	27	2.10	5.00	0.30	II
3	oz.	collards (raw)	40	3.60	7.20	0.70	II
1	oz.	cranberry sauce, canned	50	0.40	12.50	0.40	II
2	cup(s)	cucumber (raw)	26	0.10	6.00	0.40	II
1	cup(s)	dandelion greens (cooked)	35	2.10	6.70	0.60	II
3.5	oz.	dandelion greens (raw)	45	2.70	9.20	0.70	II
1	cup(s)	eggplant (baked)	26	0.80	6.40	0.20	II
1	cup(s)	green beans (snap beans)	44	2.40	9.80	0.40	II
1	cup(s)	kale (cooked)	43	5.00	6.70	0.80	II
3.5	oz.	kale (raw)	38	4.20	6.00	0.80	II
3	cup(s)	lettuce (chopped)	30	2.10	6.60	0.40	II
4	oz.	mixed green dinner salad	40	1.20	10.00	0	II
0.4		mixed green dinner salad	40	1.20	10.00	0	II
4	oz.	mixed vegetables	44	2.50	10.00	0.20	II
0.5		mushroom, shitake, cooked	40	1.15	10.35	0.15	II
1	cup(s)	mushrooms (cooked)	42	3.40	8.00	0.80	II
1	cup(s)	mushrooms (raw)	20	2.00	3.00	0	II
2	med.	mushrooms (sauteed)	39	0.85	1.40	3.70	II
1	cup(s)	mustard greens (cooked)	22	3.20	3.00	0.40	II
3.5	oz.	mustard greens (raw)	31	3.00	5.60	0.50	II
1	cup(s)	okra (cooked)	50	3.00	11.6	0.20	II
1	cup(s)	okra (raw)	36	2.40	7.60	0.30	II
0.5	cup(s)	onions (cooked)	30	1.25	6.85	0.10	II
0.5	cup(s)	onions, chopped (raw)	27	0.90	5.90	0.20	II
2	oz.	pasta sauce, diet	30	1.50	6.00	0	II
0.5	cup(s)	peas (cooked)	59	3.95	10.50	0.30	II
6	oz.	peas, raw, in pods	52	3.49	9.34	0.26	II
0.5	cup(s)	peas, raw, shelled	59	3.95	10.55	0.30	II
1	cup(s)	pepper, sweet green	24	0.90	5.30	0.50	II
1	cup(s)	pepper, sweet red	24	0.90	5.30	0.50	II
0.5	cup(s)	pumpkin, canned	41	1.30	9.90	0.30	II
1	cup(s)	red cabbage (raw)	22	1.40	4.80	0.10	II
0.5	cup(s)	rutabaga (cooked)	30	0.80	7.00	0.10	II
0.5	cup(s)	rutabaga (raw)	32	0.75	7.70	0.05	II
0.5	cup(s)	salsa	30	0	8.00	0	II
1	cup(s)	sauerkraut (canned)	44	2.20	10.20	0.40	II
0.5	cup(s)	soup, diet chunky veggie	36	1.50	6.00	1.00	II
0.5	cup(s)	soup, minestrone	41	2.50	6.00	1.70	II
1	cup(s)	spinach (cooked)	41	5.40	6.50	0.50	II
2	cup(s)	spinach (raw)	24	3.20	4.00	0.40	II
1	cup(s)	squash, summer (cooked)	36	1.60	7.80	0.60	II
0.5	cup(s)	squash, winter (baked)	39	0.90	8.90	0.60	II
1	cup(s)	Swiss chards (cooked)	36	3.40	7.20	0.20	II
3.5	oz.	Swiss chards (raw)	25	2.40	4.60	0.30	II
1		tomato (large)	34	1.60	8.00	0.40	II
1	cup(s)	tomato juice	46	2.20	10.40	0.20	II
0.5	cup(s)	tomato sauce	54	2.20	12.20	0.20	II
0.5	cup(s)	tomato, canned	24	1.10	5.20	0.30	II
1		tomato, large	34	1.60	8.00	0.40	II
1	cup(s)	turnips (cooked)	30	1.60	6.20	0.40	II
1	cup(s)	V-8 juice	41	2.00	9.00	0.20	II

EXCHANGE LIST

0.5	cup(s)	water chestnuts, canned	35	0.60	8.70	0.10	II
1	cup(s)	watercress (raw)	07	0.80	1.10	0.10	II
2	cup(s)	zucchini, raw	36	3.20	7.60	0.40	II

AMT	UNITS	FRUITS	CALORIES	PRO	CARBO	FAT	GRP III
1	cup(s)	acerola juice	51	1.00	11.60	0.70	III
0.5	med.	apple	40	0.20	11.60	0.30	III
0.5	cup(s)	apple juice	58	0.10	14.50	0.20	III
0.5	cup(s)	apple sauce (no sugar)	53	0.20	13.80	0.10	III
3	med.	apricot (raw)	51	1.50	11.80	0.40	III
0.5	cup(s)	apricot nectar	71	0.50	18.00	0.10	III
1	oz.	avocado	36	0.50	1.70	3.40	III
0.5	small	banana	53	0.60	13.40	0.30	III
0.5	cup(s)	blackberries (raw)	37	0.50	9.30	0.30	III
0.5	cup(s)	blueberries (raw)	41	0.50	10.20	0.20	III
1	tbsp.	brown sugar	51	0	13.20	0	III
0.5		cantaloupe	94	2.23	22.30	0.75	III
0.5	cup(s)	cherries, sweet (raw)	52	0.90	12.00	0.70	III
1	cup(s)	cranberries (no sugar)	46	0.40	12.00	0.20	III
3	oz.	cranberry juice	55	0	13.50	0	III
4	oz.	cranberry juice	65	0	16.00	0	III
8	oz.	cranberry juice (diet)	53	0	13.00	0	III
4	oz.	cranberry juice cocktail	71	0.40	17.50	0.40	III
8	oz.	cranberry juice, lo-cal	48	0.90	11.00	0	III
2		dates, pitted	46	0.40	12.00	0.10	III
1		fig bar	53	0.50	10.60	1.00	III
1	cup(s)	fig(s), dried	48	0.90	12.00	0.30	III
1	cup(s)	fig(s), fresh	37	0.40	9.60	0.20	III
0.5	cup(s)	fruit juice	61	0.85	14.50	0.10	III
0.5	cup(s)	fruit salad	45	10.00	10.10	0.10	III
0.5	cup(s)	grape juice	77	0.70	18.90	0.10	III
0.5	cup(s)	grapefruit juice	49	0.60	11.50	0.10	III
0.5	med.	grapefruit(s)	41	0.50	11.00	0.10	III
0.5	cup(s)	grapes	57	0.51	4.20	0.10	III
1	tbsp.	honey	64	0.10	17.30	0	III
2	inch wide	honeydew melon (raw)	49	1.20	11.50	0.50	III
1	tbsp.	jelly - simply fruit	48	0	12.00	0	III
1	med.	kiwi fruit	46	0.80	11.30	0.30	III
9	tbsp.	lemon juice	36	0.90	10.80	0	III
1	cup(s)	lite beer/not recommended	66	0.70	2.40	0	III
0.5		mango fruit	67	0.50	17.50	0.30	III
1	oz.	mixed dried fruit	70	0.70	18.30	0.20	III
0.5	cup(s)	mixed fruits	45	1.00	10.15	0.12	III
0.5	med.	nectarine	34	0.40	8.00	0.30	III
1	med.	orange	62	1.20	15.40	0.20	III
0.5	cup(s)	orange juice	55	0.90	12.90	0.20	III
0.5	oz.	pancake syrup	52	0	12.90	0	III
0.5	med.	papaya	58	0.90	15.00	0.20	III
1	med.	peach	38	0.60	9.70	0.10	III
0.5	large	pear	49	0.30	12.50	0	III
2	slice(s)	pineapple, canned, no sugar	70	0	18.00	0.10	III
1	cup(s)	pineapple	77	0.60	19.20	0.70	III
0.5	cup(s)	pineapple juice	69	0.50	16.60	0.20	III
2	med.	plums	72	1.00	17.60	0.80	III
3	tsp.	preserves	54	0	12.00	0	III
2		prunes, dry	40	0.50	10.00	0.10	III
1	oz.	raisins	84	0.70	22.60	0.20	III
0.5	cup(s)	raspberries, black (raw)	49	1.00	10.50	0.95	III
1	cup(s)	raspberries, red (raw)	61	1.10	14.20	0.70	III
3.5	oz.	red wine/not recommended	76	0.20	2.50	0	III
1	cup(s)	strawberries	45	1.00	10.40	0.50	III
4	tbsp.	syrup, diabetic	48	0	12.00	0	III
2	tbsp.	syrup, lite (diet)	50	0	13.00	0	III
1	tbsp.	syrup, maple	50	0	12.80	0	III
1	med.	tangerine	39	0.70	10.00	0.20	III
3.5	oz.w.	wine/not recommended	80	0.20	3.40	0	III
1	cup(s)	watermelon	50	1.00	12.00	0.20	III
1		Welch's fruit juice bar	45	0	11.00	0	III

AMT	UNITS	CARBOHYDRATES	CALORIES	PRO	CARBO	FAT	GRP IV
1	slice(s)	angel food cake (23gm)	61	1.50	14.00	0	IV
0.5	cup(s)	angel hair pasta(cooked)	100	3.50	20.00	0.50	IV
1.5	4" pancakes	Aunt Jemina, buckwheat	80	3	14.00	2.00	IV
1.5	4" pancakes	Aunt Jemina, lt buttermilk	65	3.50	12.50	1.00	IV

0.5	small	bagel (25 grams)	74	2.75	14.00	0.65	IV
0.5	bagel(s), large		125	4.00	25.00	1.00	IV
0.5	cup(s)	beans, baked (vegetarian)	117	6.10	26.05	0.55	IV
3	oz.	beans, garbanzo	71	4.10	11.90	1.35	IV
1		biscuit(s)	93	2.10	13.60	3.30	IV
0.5	oz.	blue corn chips	60	1.50	11.00	1.00	IV
0.5	cup(s)	bran flakes (40%)	91	2.45	19.00	0.37	IV
2		bread sticks	77	2.40	14.67	0.67	IV
2	slice(s)	bread, diet	80	4.00	11.50	2.00	IV
1	slice(s)	bread, french, extra sour	70	2.50	15.00	0	IV
1	slice(s)	bread, pumpernickel	79	2.90	17.00	0.40	IV
1	slice(s)	bread, raisin	70	2.10	13.20	0	IV
1	slice(s)	bread, rye	66	2.10	12.00	0.30	IV
1	slice(s)	bread, sprouted wheat	81	6.80	11.20	0.95	IV
1	slice(s)	bread, white enriched	64	2.00	11.60	0.79	IV
1	slice(s)	bread, whole wheat	61	2.40	11.00	0.70	IV
0.5	bun(s)	(burger or hotdog)	60	1.65	10.60	1.10	IV
1	cup(s)	cereal, Cheerios	88	3.20	16.00	1.60	IV
0.5	cup(s)	cereal, cooked	67	2.25	14.00	0.20	IV
0.5	cup(s)	cereal, dry	53	1.75	14.00	0.25	IV
1	oz.	cereal, Grape Nuts	110	3.00	23.00	0	IV
1	pack	cereal, Instant Grits	80	2.00	18.00	0	IV
0.5	cup(s)	cereal, Multi-Bran Chex	67	1.50	18.75	0.75	IV
0.5	cup(s)	cereal, Nutri-Grain	65	2.00	15.50	0.50	IV
1	oz.	cereal, Prit. Hearty Hot	98	3.05	20.75	1.20	IV
1	oz.	cereal, Quick Oats	100	5.00	18.00	2.00	IV
0.5	cup(s)	cereal, Raisin Bran	86	2.80	22.00	0.40	IV
0.5	cup(s)	cereal,shredded wheat	68	2.25	17.25	0	IV
1	cup(s)	clam chowder	95	5.00	12.00	2.50	IV
3	small	cookie(s), fat free	105	3.00	25.00	0	IV
0.5	cup(s)	corn	66	2.50	14.50	0.90	IV
1	piece(s)	corn bread	93	3.30	13.10	3.20	IV
0.5	cup(s)	corn grits,hominy (cooked)	73	1.45	15.00	0.12	IV
0.5	cup(s)	corn meal, enriched (ckd)	60	1.21	2.58	0.25	IV
1		corn on the cob	80	2.00	15.80	0.3	IV
1	cup(s)	cornflakes, dry cereal	88	1.80	19.50	0.5	IV
1	slice(s)	cracked wheat bread	66	2.00	12.00	0.6	IV
5		crackers, Fat-free Prem.	50	1.00	12.00	0	IV
2		crackers, Graham (plain)	60	1.10	10.40	1.30	IV
5		crackers, soda	63	1.30	10.00	1.85	IV
3		crackers, wh./wh., Ak-Mak	89	3.50	14.20	1.75	IV
0.5	cup(s)	cream of rice	63	0.93	14.07	0.05	IV
0.5	cup(s)	cream of wheat	67	2.25	14.00	0.12	IV
1	oz.	cream of wheat, dry	100	3.00	22.00	0.12	IV
2	slice(s)	crispbread, Wasa Lt. Rye	50	1.00	10.00	0	IV
1		crumpet, English	70	3.00	15.00	0.80	IV
0.5		cupcake, lite	65	1.00	13.00	1.00	IV
1		dinner roll	89	2.50	16.00	1.70	IV
1		french roll	113	3.00	20.00	2.00	IV
0.5	oz.	granola	65	1.00	10.00	3.00	IV
0.5		granola fruit bar	70	1.50	16.50	0.30	IV
1	oz.	granola, non-fat	100	3.00	22.00	1.00	IV
1	cookie(s)	Health Valley, apple ctr.	70	2.00	16.00	0.50	IV
0.5	bar(s)	Health Valley, granola	70	1.50	16.50	0.50	IV
3	cookie(s)	Health Valley, raisn/oatm	75	2.00	17.00	0.50	IV
1	cookie(s)	Health Valley, raspberry	70	2.00	16.00	0.50	IV
0.5	bar(s)	Health Valley,apple fruit	70	1.50	16.50	0.50	IV
0.5	muffin(s)	Health Valley,raisn-spice	70	2.00	16.00	0.50	IV
0.5	cup(s)	macaroni, enriched (ckd)	80	3.40	18.00	0.50	IV
5		melba toast	80	5.00	15.00	0	IV
0.5		muffin, blueberry	56	1.50	8.50	2.00	IV
0.5		muffin, bran	56	1.50	8.50	2.00	IV
0.5		muffin, English (wheat)	85	3.50	16.50	1.00	IV
0.5		muffin, English(toasted)	72	2.40	14.00	0.60	IV
0.5		muffin, oatbran	75	2.50	15.00	0.50	IV
0.5		muffin, plain, enriched	59	1.50	8.45	2.00	IV
1		muffin, small, lite	70	1.00	16.00	1.00	IV
0.5		muffin, whole wheat	104	4.00	20.90	1.10	IV
0.5	cup(s)	noodles, egg, no yolk	106	4.00	20.00	1.00	IV
0.5	cup(s)	noodles, enriched, egg	100	3.30	18.65	1.20	IV
0.5	cup(s)	oat flakes, fortified	89	3.34	13.40	1.05	IV
0.5	cup(s)	oatmeal, cooked	66	2.40	11.51	1.40	IV
1	oz.	oatmeal, Quick Oats	100	5.00	18.00	2.00	IV
1	oz.	oatmeal, uncooked	100	5.00	18.00	2.00	IV
1		pancake(s), buckwheat	54	1.80	6.40	2.50	IV
1		pancake(s), whole wheat	74	3.40	8.80	3.20	IV

EXCHANGE LIST

14"	pancake, buckwheat	66	3.00	9.50	2.50	IV
14"	pancake, plain, enriched	62	2.00	9.00	2.00	IV
14"	pancake, whole wheat	74	3.40	8.80	3.20	IV
1.5 4"	pancakes, diet	65	3.00	11.00	1.00	IV
0.5 cup(s)	parsnips, cooked	63	1.00	15.00	0.20	IV
1 cup(s)	parsnips, raw	100	2.00	23.00	0.50	IV
0.5 cup(s)	pasta, spinach, cooked	90	3.00	18.00	0.50	IV
0.5 cup(s)	pasta, white, cooked	100	3.40	20.00	0.25	IV
1 oz.	pasta, whole wheat, dry	100	5.00	19.50	0.03	IV
0.5 cup(s)	pasta,100% corn spaghetti	75	2.50	16.00	0.25	IV
0.5	med. pita , whole wheat	70	3.00	12.00	0.50	IV
2 cup(s)	popcorn, air-popped	54	1.35	14.00	0	IV
3 cup(s)	popcorn, Country Grown Lt	85	2.60	16.50	0.90	IV
4 cup(s)	popcorn, lite	67	2.70	12.00	1.30	IV
1 cup(s)	popcorn, plain	54	1.80	10.70	0.70	IV
1 oz.	popcorn, W-W Microwave	100	4.00	22.00	1.00	IV
0.5 oz.	popcorn,Lapidus Lite Corn	48	1.70	11.30	0.50	IV
3 cup(s)	popcorn,O.R.Hot-Air/Plain	40	1.00	11.00	0.50	IV
1	potato(s), boiled w/skin	76	2.10	17.10	0.10	IV
0.5	largepotato, baked w/skin	110	2.00	25.50	0.10	IV
1 (2oz.)	potato, boiled w/skin	76	2.10	17.10	0.10	IV
5 pc.	potato, french fried	79	1.00	10.00	4.10	IV
0.5	potato, sweet, baked	59	1.20	13.50	0.10	IV
1 cup(s)	potatoes, canned whole	108	3.00	24.00	0	IV
0.5 cup(s)	dry potatoes, instant mashed	60	1.00	15.00	0	IV
0.5 cup(s)	potatoes, mashed w/milk	111	2.20	18.00	1.50	IV
1 oz.	pretzels, hard (about 3)	115	3.00	22.70	0.10	IV
0.5 oz.	pretzels, wh.wh.w/sesame	60	2.00	10.00	2.00	IV
2	rice cakes	70	1.00	16.00	0.40	IV
5	rice cakes, mini	80	1.00	18.00	0.50	IV
0.5 cup(s)	rice, brown (cooked)	116	2.40	24.00	0.60	IV
0.5 cup(s)	rice, cooked	100	2.00	25.00	0.10	IV
1 cup(s)	rice, puffed, fortified	60	0.90	13.40	0.10	IV
1 oz.	rice, uncooked	109	2.73	24.55	0	IV
1	sliceroll, whole wheat	78	2.50	15.00	0.80	IV
4	ry crisp crackers	80	2.00	22.00	0	IV
1	shredded wheat, biscuit	89	2.50	20.00	0.50	IV
7.5 oz.	soup, fat free	80	6.00	12.00	0	IV
0.5 cup(s)	soup, split pea	74	4.40	10.50	1.65	IV
4 oz.	spagetti sauce, Ci'Bella	40	2.00	7.00	0	IV
4 oz.	spagetti sauce,Hlthy Chce	35	2.00	10.00	0.90	IV
4.0 oz.	spagetti sauce,Pritikin	50	2.00	2.00	0	IV
0.5 cup(s)	spaghetti sauce, homemade	90	3.00	11.50	4.85	IV
0.5 cup(s)	spaghetti, cooked	70	2.60	17.00	0.25	IV
2 oz.	tempeh, sesame peanut	90	8.00	10.00	2.00	IV
2 oz.	tempeh, soyrice	100	8.50	7.50	4.00	IV
1 slice(s)	toast, whole wheat	60	2.00	12.00	0.50	IV
0.5	tortilla, flour	60	2.00	10.50	1.00	IV
1	tortilla, yellow corn	63	1.50	13.50	0.60	IV
1	waffle, fat free	80	6.00	14.00	0	IV
1	waffles, Aunt Jemina Lite	60	2.00	14.00	1.00	IV
1	waffles, n-f Eggo, frozen	80	6.00	14.00	0	IV
1 cup(s)	wheat flakes, fortified	99	2.70	22.60	0.50	IV
1.5 cup(s)	wheat, puffed, fortified	66	3.45	15.00	0.20	IV
0.5 cup(s)	wheatmeal cereal, cooked	76	2.50	16.60	0.46	IV
1.5 oz.	wheatmeal cereal, dry	79	3.17	16.95	0.52	IV
3 oz.	yams, cooked in skin	90	2.06	20.66	0.17	IV

1 cup(s)	buttermilk	99	8.1	11.7	2.16	V
3 oz.	canadian bacon	134	17.55	1.50	6.00	V
4 oz.	carp	144	20.40	0	6.84	V
4 oz.	catfish	132	20.68	0	4.84	V
1 oz.	cheese, cheddar	114	7.00	0.40	9.40	V
4	slice(s)cheese, fat free	120	18.00	12.00	0	V
2 oz.	cheese, grated parmesan	110	10.00	1.00	7.00	V
1 oz.	cheese, jack	106	7.00	0.20	8.60	V
2 oz.	cheese, Kraft Free	90	12.00	8.00	0	V
2 oz.	cheese, Life Time, non-fat	80	16.00	2.00	0	V
1 oz.	cheese, melted	112	7.00	0.40	9.00	V
1 oz.	cheese, monterey	106	6.94	0.19	8.58	V
2 oz.	cheese, mozza/part skim	144	13.76	1.50	9.00	V
1.5 oz.	cheese, mozzarella	120	8.25	0.90	9.00	V
1 oz.	cheese, NuToFu, lact.free	85	7.00	1.00	6.00	V
8 oz.	cheese, pot	104	20.00	3.20	0.80	V
6 oz.	cheese, ricotta, nonfat	120	24.00	12.00	0	V
2 oz.	cheese, ricotta,wh.milk	107	7.00	2.00	7.98	V
1 oz.	cheese, swiss	107	8.06	0.96	7.78	V
1 oz.	cheese, TuFu Rela, mozza.	80	8.00	1.00	5.00	V
1 oz.	cheese, TuFu Rela,cheddar	80	8.00	1.00	5.00	V
2 oz.	cheese,"Free n'Lean" ched	80	16.00	2.00	0	V
2 oz.	cheese,"Free n'Lean" mozz	80	18.00	0	0	V
2 oz.	cheese,HealthyChoice n-f	80	18.00	2.00	0	V
3 oz.	chicken breast, baked	123	20.60	0	4.50	V
4 oz.	chicken chunk white/wtr	128	25.60	1.60	3.20	V
4 oz.	chicken,dark meat,no skin	140	21.90	0	4.70	V
2.5 oz.	chili, Bearitos (veg)	85	4.50	11.50	0.50	V
2 5oz.	chili, Health Valley(veg)	70	5.50	11.50	0.45	V
6 oz.	chili, Taste Adventure	121	6.10	22.50	0.70	V
8 large	clams (6 oz.)	126	21.00	4.40	1.60	V
3 oz.	clams, canned	126	21.70	4.40	1.70	V
5 oz.	cod	111	24.94	0	1.03	V
2 oz.	cold cuts	125	16.00	0.65	7.00	V
4 oz.	cottage cheese	109	13.00	2.80	4.75	V
4 oz.	cottage cheese, 2%	100	15.00	4.00	2.00	V
6 oz.	cottage cheese, diet (1%)	123	21.00	4.60	1.70	V
6 oz.	cottage cheese, nonfat	105	22.50	4.50	0	V
8 oz.	cottage cheese,Knuds.Free	140	30.00	6.00	0	V
6 oz.	crab meat (dungeness)	146	29.60	1.20	1.60	V
4 oz.	crab, imitation	120	14.00	14.00	1.00	V
4 oz.	crab, steamed	116	22.96	0	2.00	V
4 oz.	crayfish, steamed	129	27.10	0	1.50	V
5 oz.	Egg Supreme	105	16.80	5.30	1.10	V
1 egg(s)	omelette	111	7.20	1.50	7.00	V
2 small	egg(s)	120	10.00	1.00	8.00	V
2 small	egg(s), boiled	120	10.00	1.00	8.00	V
2 small	egg(s), poached	120	10.00	1.00	8.00	V
2 small	egg(s), scrambled	120	10.00	1.00	8.00	V
7	eggwhites	119	25.20	2.10	0	V
5 oz.	flounder	112	26.20	0	1.72	V
6	frog's legs (large)	110	24.60	0	0.45	V
5 oz.	haddock	123	25.94	0	0.93	V
3 oz.	halibut	119	22.70	0	2.50	V
2 oz.	ham, sliced	125	16.00	0	7.00	V
2 oz.	lamb	125	15.00	0	7.00	V
0.5 cup(s)	lentils, cooked	115	9.00	20.00	0.30	V
1 oz.	lentils, dry	96	7.94	16.22	0.27	V
2.5 oz.	liver, beef	115	17.45	2.45	3.50	V
4 oz.	lobster	110	23.20	1.40	0.60	V
4 oz.	lobster tail, imitation	116	12.00	14.00	0.50	V
2 oz.	meat loaf	125	15.00	0.40	7.00	V
1 cup(s)	milk, extra light	102	8.00	11.70	2.60	V
6 oz.	milk, goat, whole	126	6.52	8.18	4.88	V
1 cup(s)	milk, lactose/fat free	90	8.00	12.00	0	V
1 cup(s)	milk, low-fat	121	8.12	11.70	4.70	V
1.5 cup(s)	milk, non-fat	129	12.00	18.00	0.68	V
6 oz.	milk, whole	119	6.38	9.00	6.60	V
6 oz.	octopus, raw	140	25.4	3.80	1.80	V
3 oz.	orange ruffy	107	12.50	0	6.00	V
6 oz.	oysters, fresh	138	16.00	8.40	4.00	V
9	mediumoysters, raw	87	8.85	4.95	3.15	V
1 tbsp.	peanut butter	95	4.60	2.50	8.20	V
4 oz.	perch, ocean	108	21.55	0	1.00	V
4 oz.	perch, yellow	103	22.13	0	1.03	V
4 oz.	pike, walleye	106	21.88	0	1.35	V

AMT	UNITS	PROTEIN	CALORIES	PRO	CARBO	FAT	GRP V
4	oz.	abalone	119	20.00	6.80	0.58	V
4	oz.	bass	118	21.43	0	2.39	V
0.5	cup(s)	beans, Adzuki	80	7.00	18.00	0.30	V
0.5	cup(s)	beans, black (cooked)	113	7.50	20.40	0.56	V
5	oz.	beans, Health Valley, n-f	70	9.00	9.00	0.30	V
4	oz.	beans, Heinz (vegetarian)	100	5.00	22.50	1.00	V
0.5	cup(s)	beans, kidney (cooked)	112	7.69	20.00	0.56	V
0.5	cup(s)	beans, pinto (cooked)	110	7.20	22.00	0.50	V
0.5	cup(s)	beans, refried/canned	135	7.90	23.40	1.35	V
4	oz.	beans, Rosarito (veg)	100	7.00	18.00	2.00	V
2	oz.	beef, flank steak	138	14.51	0	8.57	V
2	oz.	beef, ground round	102	11.75	0	5.50	V
2	oz.	beef, lean cut	125	16.00	0	7.00	V
2	oz.	beef, lean ground	149	10.00	0	11.00	V
2	oz.	beef, round steak	136	11.06	0	9.56	V
4	oz.	bluefish	133	23.25	0	3.75	V

EXCHANGE LIST

2 oz.	pizza, cheese	137	7.00	18.00	6.00	V
4 oz.	pollock, filet	108	23.13	0	1.03	V
4 oz.	red snapper	106	22.50	0	1.38	V
2 oz.	RediQuiche	106	6.04	1.86	8.36	V
3 oz.	salmon, fresh	121	16.90	0	5.40	V
5 oz.	sandabs	142	31.67	0	1.72	V
2 oz.	sardines/canned/drained	116	13.60	0	6.20	V
5 oz.	scallops	115	21.69	4.69	0.28	V
9	large shrimp (in shell)	70	12.00	0.70	1.10	V
3 oz.	shrimp, canned, drained	102	19.50	0.90	1.70	V
4 oz.	shrimp, fresh	120	23.00	1.70	2.00	V
4 oz.	shrimp, imitation	115	14.00	10.00	1.00	V
4 oz.	snails	102	18.40	2.30	1.60	V
6 oz.	sole	117	25.56	0	0.90	V
1.5 cup(s)	soup, chicken noodle	112	6.06	14.03	3.68	V
1 cup(s)	soup, cream of celery	86	2.00	9.00	5.00	V
1 cup(s)	soup, cream of chicken	94	3.00	8.00	6.00	V
1 can(s)	soup, diet chicken noodle	80	6.00	9.00	2.00	V
1.5 cup(s)	soup, vegetable beef	119	8.37	15.30	2.80	V
1 can(s)	soup,diet turkey vegie	70	4.00	10.00	2.00	V
1.5 cup(s)	soybean milk	112	11.55	7.50	5.10	V
4 oz.	squid	104	17.70	3.50	1.60	V
4 oz.	swordfish	134	21.78	0	4.52	V
6 oz.	tofu (soybean curd)	123	13.37	4.11	7.20	V
3 oz.	trout, rainbow	100	17.50	0	3.00	V
4 oz.	tuna (water packed)	140	30.00	0	2.00	V
4 oz.	tuna, sashimi(raw)	122	26.50	0	1.10	V
2 oz.	turkey (skinned), baked	104	21.00	0	2.25	V
2 oz.	turkey breast	100	18.50	0	2.25	V
3.5 oz.	turkey breast loaf	110	22.50	0	1.60	V
4 oz.	turkey chunk white/water	144	25.60	0	3.20	V
4 oz.	turkey ham, slices	140	22.00	2.00	4.00	V
3 slice(s)	turkey roll, 97%	90	15.00	3.00	3.00	V
2 oz.	turkey sausage	120	12.40	0	7.80	V
4 oz.	turkey strips, boneless	120	26.68	0	1.36	V
3.5 oz.	turkey,grnd, 100% white	100	24.00	0	1.00	V
3 oz.	turkey/grnd 93%fat free	140	20.00	1.00	7.00	V
3 oz.	whitefish	114	16.07	0	5.0	V
1 cup(s)	yogurt w/fruits, diet	90	10.00	13.00	0	V
8 oz.	yogurt, Dannon (lite)	100	9.10	7.00	0	V
5 oz.	yogurt, frozen, low fat	115	2.88	21.88	1.88	V
6 oz.	yogurt, frozen, non fat	120	6.00	24.00	0	V
1.5 cup(s)	yogurt, frzn, extra lite	108	8.00	28.00	0	V
8 oz.	yogurt, Knudsen (lite)	93	8	14.65	0	V
0.5 cup(s)	yogurt, low fat w/berries	130	5.00	23.00	2.00	V
8 oz.	yogurt, low-fat, plain	144	11.90	16.00	3.52	V
8 oz.	yogurt, non-fat, plain	127	13.00	17.40	0.41	V
6 oz.	yogurt, non-fat,w/berries	135	7.50	25.50	0.30	V
8 oz.	yogurt, wh./milk, plain	139	7.88	10.60	7.38	V
8 oz.	yogurt, Yoplait (lite)	107	8.00	17.44	0	V

AMT	UNITS	CONDIMENTS	CALORIES	PRO	CARBO	FAT	GRP VI
0.5	tblsp.	1000 island dressing	40	0.05	1.25	4.00	VI
2	tblsp.	1000 island fat free	32	0	10.00	0	VI
2	tblsp.	1000 island low calories	48	0.20	5.00	2.60	VI
0.5	tblsp.	blue cheese dressing	38	0.35	0.55	3.90	VI
3	tblsp.	blue cheese, fat free	30	0	6.00	0	VI
0.5	tblsp.	butter	54	0.05	0.05	6.10	VI
1	tsp.	butter	36	0	0	4.10	VI
2	oz.	butter buds	24	0	4.00	0	VI
1	oz.	cream cheese Healthy Choice	30	6.00	2.00	0	VI
3	tblsp.	creamy italian (no oil)	36	0	9.00	0	VI
1	oz.	diet cream cheese	60	3.00	2.00	5.00	VI
1	tblsp.	diet mayonnaise	40	0	1.00	4.00	VI
2	tblsp.	diet sour cream	45	1.50	2.00	3.00	VI
3	tblsp.	french (no oil) dressing	30	0	7.50	0	VI
0.5	tblsp.	french dressing	33	0.55	1.40	3.10	VI
1	tblsp.	french low cal dressing	30	0	2.00	2.50	VI
3	tblsp.	italian (no oil) dressing	24	0	6.00	0	VI
0.5	tblsp.	italian dressing	35	0.05	0.75	3.55	VI
3		macademia nuts	55	0.70	0.75	5.85	VI
1	tblsp.	margarine, Imperial, diet	50	0	0	6.00	VI
0.5	tblsp.	margarine, regular	51	0.05	0.05	5.75	VI
0.5	tblsp.	margarine, whipped	34	0.05	0	3.80	VI
1	tblsp.	mayonnaise	45	0.20	0.3	5	VI

1	tblsp.	mayonnaise, diet	40	0	1	4	VI
1	tblsp.	Miracle Whip (lite)	45	0	2	4	VI
2	tblsp.	Miracle Whip, fat free	40	0	10	0	VI
1	tsp.	Molly McButter	8	0	0	0	VI
2	tblsp.	mustard	30	1.80	1.8	1.8	VI
3	tblsp.	ranch (no fat) dressing	54	0	13	0	VI
3	tblsp.	russian (no oil) dressing	36	0	9	0	VI
0.5	tblsp.	russian dressing	37	0.10	0.8	3.8	VI
0.5	tblsp.	safflower oil	63	0	0	7	VI
1	tblsp.	sandwich spread	50	0	2	5	VI
1	tsp.	sour cream	30	0.46	0.62	3.02	VI
6	tblsp.	sour cream, Knudsen Free	54	6.00	9	0	VI
1	oz.	sour cream, Knudsen Light	35	1.00	2	2	VI
3	tblsp.	vinaig.(no oil) dressing	30	0	6	0	VI
0.5	tblsp.	vinegar & oil dressing	36	0	0	4	VI

AMT	UNITS	DAIRY	CALORIES	PRO	CARBO	FAT	GRP VII
1.5	cup(s)	buttermilk	149	12.15	17.55	3.24	VII
1.5	oz.	cheese, cheddar	171	10.50	0.60	14.10	VII
4	slice(s)	cheese, fat free	120	18.00	12.00	0	VII
1.5	oz.	cheese, jack	159	10.50	0.30	12.90	VII
1.5	oz.	cheese, monterey	159	10.41	0.29	12.90	VI
2	oz.	cheese, mozzarella	165	11.00	1.20	12.00	VII
6	oz.	cottage cheese	163	19.50	4.20	7.13	VII
6	oz.	cottage cheese, 2%1	50	22.50	6.00	3.00	VII
6	oz.	cottage cheese, diet (1%)	123	21.00	4.60	1.70	VII
8	oz.	cottage cheese, non-fat	140	30.00	6.00	0	VII
3	small	egg(s)	180	15.00	1.50	12.00	VII
9		eggwhites	153	32.40	2.70	0	VII
6	oz.	fruit sorbet	180	1.00	42.00	1.00	VII
2		fudgecicle, diet	132	6.40	24.00	1.00	VII
6	oz.	ice cream (93%fat free)	150	4.50	19.50	6.00	VII
6	oz.	ice milk (96% fat free)	150	4.50	25.50	4.50	VII
1.5	cup(s)	milk, extra light	153	12.00	17.55	3.90	VII
1	cup(s)	milk, goat, whole	168	8.69	10.90	10.00	VII
1.5	cup(s)	milk, lactose/fat free	135	12.00	18.00	0	VII
1.5	cup(s)	milk, low-fat	181	12.18	17.55	7.05	VII
2	cup(s)	milk, non-fat	172	16.00	24.00	0.90	VII
1	cup(s)	milk, whole	159	8.50	12.00	8.80	VII
2	tblsp.	peanut butter	190	9.20	5.00	16.40	VII
0.5	cup(s)	sherbet	135	1.08	29.35	1.91	VII
2	cup(s)	soybean milk	150	15.40	10.00	6.00	VII
8	oz.	tofu (soybean curd)	164	17.80	5.50	9.60	VII
3	oz.	tofutti (frozen dessert)	158	2.25	15.00	9.75	VII
2	cup(s)	yogurt w/fruit, diet	180	20.00	26.00	0	VII
6	oz.	yogurt, frozen, low fat	138	3.45	26.25	2.25	VII
8	oz.	yogurt, frozen, non-fat	160	8.00	32.00	0	VII
1.5	cup(s)	yogurt, frzn, extra lite	108	8.00	28.00	0	VII
8	oz.	yogurt, low fat w/berries	130	5.00	23.00	2.00	VII
8	oz.	yogurt, low-fat, plain	144	11.90	16.00	3.52	VII
8	oz.	yogurt, non-fat, plain	127	13.00	17.40	0.41	VII
8	oz.	yogurt, non-fat,w/berries	180	10.00	34.00	0.41	VII
8	oz.	yogurt, whole milk, plain	139	7.88	10.60	7.38	VII

