**Table 2.7** Exchange Groups and Their Energy and Macronutrient Content

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Exchange List** | **Calories** | **Carbohydrate (grams)** | **Fat (grams)** | **Protein (grams)** | **Serving Sizes** |
| ***Starch/bread*** | 80 | 15 | Trace (0.5 to 1) | 3 | 1 oz of bread  ¼ cup dry, unsweetened cereal  ¼ cup cooked cereal  4-5 snack crackers  ½ cup pasta or starchy vegetable  1/3 cup rice, grains, stuffings  1 cup soup  ½ cup cooked beans, peas, lentils  3 cups popcorn without added fat |
| ***Meat and meat substitutes***  Lean meat  Medium-fat meat  High-fat meat | 55  75  100 | 0  0  0 | 3  5  8 | 7  7  7 | 1 oz fish, poultry, lean beef (round sirloin, flank steak), processed hams, veal, cottage cheese, low-fat cheeses, lean luncheon meats  1 oz of most beef and pork cuts, poultry with skin, skim-milk cheeses, 1 egg  1 oz fried meats, poultry or fish; 1 oz prime cuts of beef, corned beef, spareribs, regular cheeses, regular luncheon meats, sausages, hot dogs, and peanut butter |
| ***Vegetables*** | 25 | 5 | 0 | 2 | ½ cup cooked vegetables  ½ cup vegetable juice  1 cup raw vegetables |
| ***Fruits*** | 60 | 15 | 0 | 0 | 1 small to medium fresh fruit  ½ cup canned fruit  ¼ cup dried fruit  1/3-1/2 cup fruit juice |
| ***Milk***  Nonfat and very-low-fat-milk  Low-fat milk  Whole milk | 90  120  150 | 12  12  12 | 0-3  5  8 | 8  8  8 | 1 cup skin, ½%, or 1% milk  1 cup nonfat or low-fat buttermilk  ¾ cup (6 oz) plain nonfat yogurt  1 cup (8 oz) nonfat or low-fat artificially sweetened fruit flavored yogurt  1 cup 2% milk  ¼ cup plain low-fat yogurt  1 cup whole milk  ½ cup evaporated whole milk |
| ***Fat*** | 45 | 0 | 5 | 0 | 1 tsp. margarine or butter  1 tbsp. reduced-calorie margarine  1 tsp. mayonnaise or oil  1 tbsp. regular salad dressing  2 tbsp. low-calorie salad dressing  2 tbsp. sour cream |