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

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| --- | --- | --- | --- | --- | --- |
| **Exchange List** | **Calories** | **Carbohydrate (grams)** | **Fat (grams)** | **Protein (grams)** | **Serving Sizes** |
| ***Starch/bread*** | 80 | 15 | Trace (0.5 to 1) | 3 | 1 oz of bread¼ cup dry, unsweetened cereal¼ cup cooked cereal4-5 snack crackers½ cup pasta or starchy vegetable1/3 cup rice, grains, stuffings1 cup soup½ cup cooked beans, peas, lentils3 cups popcorn without added fat |
| ***Meat and meat substitutes***Lean meatMedium-fat meatHigh-fat meat | 5575100 | 000 | 358 | 777 | 1 oz fish, poultry, lean beef (round sirloin, flank steak), processed hams, veal, cottage cheese, low-fat cheeses, lean luncheon meats1 oz of most beef and pork cuts, poultry with skin, skim-milk cheeses, 1 egg1 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 vegetables½ cup vegetable juice1 cup raw vegetables |
| ***Fruits*** | 60 | 15 | 0 | 0 | 1 small to medium fresh fruit½ cup canned fruit¼ cup dried fruit1/3-1/2 cup fruit juice |
| ***Milk***Nonfat and very-low-fat-milkLow-fat milkWhole milk | 90120150 | 121212 | 0-358 | 888 | 1 cup skin, ½%, or 1% milk1 cup nonfat or low-fat buttermilk¾ cup (6 oz) plain nonfat yogurt1 cup (8 oz) nonfat or low-fat artificially sweetened fruit flavored yogurt1 cup 2% milk¼ cup plain low-fat yogurt1 cup whole milk½ cup evaporated whole milk |
| ***Fat*** | 45 | 0 | 5 | 0 | 1 tsp. margarine or butter1 tbsp. reduced-calorie margarine1 tsp. mayonnaise or oil1 tbsp. regular salad dressing2 tbsp. low-calorie salad dressing2 tbsp. sour cream |