



GENERAL FOOD LIST

MILK	ITEM	EXCHANGE	CALORIE	PROTEIN (g)	CARB (g)	FAT (g)
Milk:						
	1%	1 cup	102	8.2	12.2	2.4
	2%	1 cup	137	9.7	13.5	4.9
	low fat	1 cup	121	8.12	11.7	4.68
	skim	1 cup	86	8.35	11.8	0.44
	soy milk	1 cup	100	7	8	4
	whole, dry	1/6 cup	105.8	5.6	8.17	5.7
	nonfat, dry	1/4 cup	108.75	10.8	15.6	0.23
	nonfat, instant	1/3 cup	81.3	7.9	11.8	16
Yogurt:						
	plain, low fat	1 cup	144	11.9	16	3.52
	plain, skim	1 cup	127	13	17.4	0.41
	fruit, low fat	1/2 cup	112.5	4.52	21.15	1.3
	greek yogurt	5 oz	90	15	6	0
Cheese:						
	cheddar slice	1 oz	113	7	0.4	9.3
	american slice	1 oz	94	5.6	2.4	6.9
	cream cheese	1 tbsp	51	1.1	0.4	5.1
	cream cheese, fat free	1 tbsp	14	2.1	0.8	0.2
	string cheese	1 stick (28g)	80	8	1	6
	cottage, dry	1 cup	123.3	25	2.68	0.61
	2% cottage, low fat	1/2 cup	101.5	15.5	4.1	2.18
	mozzarella, part skim	1 oz	72	6.88	78	4.51
	feta	1 oz	75	4	1.16	6.03
	goat	1 oz	128	8.65	.6	10.1
	parmesan, grated	1 tbsp	22	1.9	0.2	1.4
	ricotta	1/2 cup	171	14.1	6.4	9.8
VEGETABLE	ITEM	EXCHANGE	CALORIE	PROTEIN (g)	CARB (g)	FAT (g)
	alfalfa	3 cups	30	3.96	3.78	0.6
	asparagus	1 cup	30	4.1	4.9	0.3
	beets	1/2 cup	30	1	6.8	0.1
	beet greens	3 cups	24	2.6	3	0.06
	broccoli	1 cup	24	2.6	3	0.06
	brussel sprouts	1 cup	38	3.3	7.8	0.26
	cabbage	2 cups	32	1.68	5.5	0.2
	carrots	1/2 cup	24	0.5	5.5	0.1
	carrot juice	1/3 cup	32	0.8	7.3	0
	cauliflower	1 cup	24	1.9	4.9	0.18
	celery	2 cups	36	1.6	8.72	0.28
	chard, Swiss	4 cups	24	2.56	5.3	0.3
	collards	1 cup	35	2.9	7	0.4

cucumber	2 cups	28	1.12	6	0.28
eggplant	1 cup	22	9	5	0.08
endive	4 cups	24	2.4	6.7	0.4
garlic	1 clove	4	0.2	1	0
green beans	1 cup	34	2	7.8	0.01
hearts of palm	1 cup	41	3.7	6.7	1
leeks	1/2 cup	38	0.9	8.7	0.18
lettuce, iceberg	3 cups	30	0.21	6.6	0.36
lettuce, romaine	3 cups	24	2.7	3.9	0.36
lettuce, mixed greens	3 oz	15	2	4	0
bean sprouts	1 cup	32	3	6	0.2
mushrooms	2 cups	36	2.9	6	0.4
onions, mature	1/2 cup	25	0.64	5.85	0.21
onions, scallion	1 tbsp	2	0.1	0.4	0
parsley	1 cup	26	2.2	5.1	0.4
parsnips	1/3 cup	34	0.76	7.6	0.26
peppers, sweet	1 cup	26	2.2	5.1	0.4
peppers, chili	1/2 cup	30	1.5	7	0.15
pumpkin	1/2 cup	25	0.88	6	0.08
radish	1/2 cup	9	0.4	2	0.1
sauerkraut	1 cup	42	2.4	9.4	0.33
spinach, raw	2 cups	28	3.6	4.8	0.4
squash, summer	1 cup	25	1.4	5.5	0.28
squash, butternut	1 cup	82	1.8	21.5	0.2
squash, spaghetti	1 cup	42	1	10	0.4
tomato	1 cup	24	1.1	5.3	0.26
tomato, cherry	1 cup	43	2	10	0
tomato juice	1/2 cup	23	1.1	5.2	0.1
tomato paste	1/8 cup	27	1.1	6	0.25
turnips	1 cup	39	1.3	8.6	0.13
turnip greens	2 cups	3	1.6	6	0.34
yellow wax beans	1 cup	28	1.8	5.8	0.3

FRUIT	ITEM	EXCHANGE	CALORIE	PROTEIN (g)	CARB (g)	FAT (g)
	acai, pulp	3.5 oz.	80	2	7	0
	agave	1/2 cup	41	.31	9.7	.09
	apple	1 med.	81	0.25	21	0.49
	apple, dried	5	77.5	0.3	21	0.1
	apple juice	1/2 cup	58	0.07	14.5	0.14
	apple sauce	1/2 cup	53	0.2	13.75	0.06
	apricot	3	51	1.48	11.7	0.41
	apricot, dried	10 halves	83	1.28	21.6	0.16
	banana	1	105	1.8	26.7	0.55
	blackberries	1 cup	74	1.04	18.3	0.56
	blueberries	1 cup	82	0.97	20.5	0.55
	boysenberries	1 cup	66	0.97	20.5	0.55
	cherries	1/2 cup	52	0.87	12	0.69
	cranberries	1 cup	46	0.37	12	0.19
	currents	1 cup	71	1.57	17.2	0.45
	dates	3	76	0.54	20.3	0.12
	fig	1	47	0.48	12.2	0.09
	gooseberries	1 cup	67	1.32	15.2	0.87

grapefruit	1	76	1.5	19.4	0.24
grapefruit juice	1/2 cup	48	0.62	11.35	0.13
grapes	1 cup	58	0.58	15.7	0.32
guava	2	90	1.43	20.4	0.7
kiwi	2	92	1.5	22.6	0.68
lemon, with peel	1 lemon	22	1.3	11.6	0.3
lemon juice	1 fl oz	8	0.1	2.6	0
logan berries	1 cup	80	2.23	19	0.46
mango	1/2	67.5	0.53	17.5	0.28
melon, cantaloupe	1/2	94	2.34	22.3	0.54
melon, casaba	1/6	71.4	2.46	16.6	0.27
melon, honeydew	1/6	76.7	0.98	19.7	0.22
mulberries	1 cup	61	2.02	13.7	0.55
nectarine	1	67	1.28	16	0.54
orange	1	62	1.23	15.4	0.16
orange juice	1/2 cup	55	0.87	12.9	0.25
papaya	1/2	59	0.93	15	0.21
passion fruit	4	72	1.6	16.8	0.52
peach	2 small	74	1.22	19.3	0.16
peach, dried	2 halves	63	0.94	15.9	0.19
pear	1	98	0.65	25	0.66
pear, dried	2 halves	92	0.65	24.4	0.22
persimmon	1/2	59	0.49	15.6	0.15
pineapple	1 cup	77	0.6	19.2	0.66
pineapple juice	1/2 cup	69.5	0.4	17.2	0.1
plantain	1/2 cup	90	0.96	23.6	0.27
plum	2 small	72	1.04	17.2	0.62
prickly pear	2	84	1.5	18.7	0.53
prune	3	60	0.65	15.8	0.12
prune juice	1/2 cup	90	0.77	22.3	0.04
raisins	1/8 cup	61	0.69	12.1	0.15
raspberries	1 cup	61	1.11	14.2	0.68
rhubarb	3 cups	78	3.27	16.5	0.72
strawberries	1.5 cups	67.5	1.36	15.6	0.62
tangerines	2	74	1.06	18.8	0.32
tangerine juice	1/2 cup	52	0.62	12.5	0.24
watermelon	1 cup	50	0.99	11.5	0.68
Averages:		72	1	17	trace

CARB	ITEM	EXCHANGE	CALORIE	PROTEIN (g)	CARB (g)	FAT (g)
Beans:						
	black	1/3 cup	59	4.4	9.9	0.4
	garbanzo (chickpeas)	1/4 cup	67	3.65	11.25	1.05
	kidney	1/3 cup	72	4.8	13.2	0.3
	lima	1/3 cup	69	3.8	13	0.18
	navy	1/3 cup	74	4.9	13.4	0.36
	pinto (canned)	1 cup	206	11.7	36.6	1.9
Breads:						
	bagel	1/3 large	99	3.67	18.7	.85

bun, hamburger/hotdog	1 bun	120	4.1	21.3	1.9
corn bread	2" square	93	3.3	13.1	3.2
cracked wheat	1 slice	60	2	12	.6
english muffin	1/2	65	2.2	12	.5
french	1 slice small	92	3.8	18.1	0.6
mixed grain	1 slice	51.4	1.9	9.3	.7
pita, whole wheat	1/2	70	3	12	1
pumpnickel	1 slice	79	2.9	17	.4
rolls, dinner	1	113	3.1	20.1	2.2
rolls, whole wheat	1	90	3.5	18.3	1
rye	1 slice	56	2.1	12	.3
whole wheat	1 slice	56	2.4	11	.7
graham crackers	1	55	1.1	10.4	1.3
bran muffins	1 small	104	3.1	17.2	3.9
whole wheat muffins	1 small	103	4	20.9	1.1
pancakes	4" diameter	54	1.8	6.4	2.15
pita	6 " diameter	165	5.5	33.4	0.7
pita, whole wheat	6 " diameter	170	6.3	35.2	1.7
tortilla, corn	6" diameter	63	1.5	13.5	.6
tortilla, wheat	6" diameter	80	3	12	2

CARB	ITEM	EXCHANGE	CALORIE	PROTEIN (g)	CARB (g)	FAT (g)
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Cereal:

bran flakes	1/2 cup	76	2.65	18.65	.4
corn grits	1/2 cup	73	1.75	15.7	.25
corn puffs	3/4 cup	55	1.25	11.7	.35
granola	1/8 cup	63	1.4	9.4	2.45
oat flakes	1/2 cup	89	2.65	10.25	.2
oat puffs	3/4 cup	55	1.25	11.7	.35
oatmeal	1/2 cup	72.5	3	12.6	1.2
rice, puffed	1 cup	56	.9	12.6	.1
cream of rice	1/2 cup	62	1	14.2	0
cream of wheat	1/2 cup	67	1.9	13.85	.25
wheat flakes	1 cup	116	3.3	26	.7
wheat, toasted germ	1/8 cup	53.8	4.1	7	1.5
wheat granules	1/4 cup	101	3.3	23.2	.1
wheat, puffed	1/4 cup	44	1.8	9.5	.1
wheat, shredded	1 lg. Biscuit	83	2.6	18.8	.3

Other:

artichoke	1 med	65	3.4	15.3	.26
corn	1/2 cup	66	2.48	14.5	.9
edamame, shelled	2/3 cup	120	10	9	5
lentils	1/3 cup	70	5.2	12.8	0
macaroni	1/2 cup	76	2.4	16.1	.5
pasta	1 oz	100	5	19.5	.25
peas, green	1/2 cup	59	3.95	10.5	.29
peas, split	1/3 cup	77	5.3	13.8	.1
popcorn	1 cup	54	1.8	10.7	.7
potato	1/2 cup	57	1.6	12.85	.1
potato, baked	1/3	73	1.3	10.9	.06
rice, brown	1/3 cup	78.2	1.64	16.8	.4
rice, white	1/3 cup	78.6	1.46	17.4	.17

rice, wild	1/3 cup	63	2.5	13.4	.28
spaghetti	1/2 cup	77.5	2.4	16.1	.3
squash, winter	1/2 cup	68	1	16	.19
sweet potato	1/2	68	1	16	.19
yams	1/3 cup	70	1.6	16	.13

Averages: 72.5 2.5 14.5 .5

MEAT	ITEM	EXCHANGE	CALORIE	PROTEIN (g)	CARB (g)	FAT (g)
Beef:						
	flank	1 oz.	56	5.4	0	3.5
	ground round	1 oz.	74.5	5	0	5.8
	round steak	1 oz.	68	5.5	0	4.9
	sirloin	1 oz.	74	5.17	0	5.7
	tenderloin	1 oz.	68	5.2	0	5.1
Eggs						
	egg beaters	¼ cup	30	6	1	0
	whole	1	79	6.07	.6	5.58
	white	3	48	10.05	1.23	0
	yolk	1	63	2.79	.04	5.6
	dried	2 Tb	60	4.58	.48	4.18

MEAT	ITEM	EXCHANGE	CALORIE	PROTEIN (g)	CARB (g)	FAT (g)
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Fish:

bass	2 oz.	54.6	10	0	.6
bluefish	2 oz.	70	11.2	0	2.4
catfish	2 oz.	66	10.2	0	2.4
clams	4 large	59	10.2	0	.76
cod	2 oz.	46.6	10	0	.38
crab	2 oz.	47.4	10.4	0	.34
flatfish (sole, flounder)	1 oz.	26	5.3	0	.3
haddock	1 oz.	24.7	5.4	0	.1
halibut	1 oz.	40	7.5	0	.8
lobster	1 oz.	25.7	5.3	.14	.25
mackerel	1 oz.	58	5.9	0	3.9
oysters	6 med.	58	5.9	3.2	.92
orange roughy	1 oz.	30	6.4	0	.25
perch	1 oz.	17	5.2	0	.46
pollack	1 oz.	26	5.5	0	.27
salmon, wild	1 oz.	39	6.6	0	1.2
scallops	1 oz.	25	4.7	.6	2.1
seabass	1 oz.	35	6.7	0	.7
shark	1 oz.	37	5.9	0	1.2
shrimp	1 oz.	30	5.7	.25	.49
snails	1 oz.	39	6.6	2.2	.11
snapper	1 oz.	28.3	5.8	0	.38
swordfish	1 oz.	34.3	5.6	0	1.1
tilapia	1 oz.	36	7.5	0	.76
trout	1 oz.	36	8.1	0	.13
tuna, canned	1 oz.	36	6.7	0	.8
white fish	1 oz.	38	5.3	0	1.6

Chicken:

light w/o skin	1 oz.	33	6.8	0	.48
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	dark w/o skin	1 oz.	35	5.7	0	1.2
	cornish game hen	1 oz.	38	6.6	0	1
Turkey:	light	1 oz.	44	6	0	2.0
	dark	1 oz.	46	5.4	0	2.5
	canned, boned	1 oz.	46	6.7	0	1.9
Other:	buffalo	1 oz.	41	9.2	0	.51
	ostrich	1 oz.	44	8	0	1.1
	pork tenderloin	1 oz.	49	8	0	1.7
	quail	1 oz.	55	5.6	0	3.4
	soybean milk	1 cup	75	7.7	5	3.4
	tofu, curd	3.5 oz.	72	7.8	2.4	4.2
	tofu, firm	2 oz.	82	9	2.4	5.0
	venison	1 oz.	36	5.9	0	1.1

FATS	ITEM	EXCHANGE	CALORIE	PROTEIN (g)	CARB (g)	FAT (g)
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Nuts&Seeds:	almonds	1/8 cup	106.1	3.3	3.4	9.6
	almond butter	1Tb	101	2.4	3.4	9.46
	brazil nuts	1/8 cup	114.5	2.5	1.9	11.7
	cashews	1/8 cup	98.1	3	.5	8
	chestnuts, fresh	1/4 cup	77.5	1.15	16.8	.34
	flaxseeds	1/8 cup	112	3.8	6.1	8.85
	hazelnuts	1/8 cup	107	2.12	2.8	10.5
	hickory nuts	15 small	101	2.1	2	10.1
	peanuts	1/8 cup	104.7	4.7	3.7	8.7
	peanut butter	1Tb	105	3.85	3.45	8
	pecans	1/8 cup	94	1.25	2	9.8
	pine nuts	1/8 cup	114	2.3	2.2	11.5
	pumpkin seeds	1/8 cup	96.7	5	2.6	8.1
	sesame seeds	1/8 cup	109	3.4	3.3	10
	sunflower seeds	1/8 cup	101	4.3	3.6	8.5
	walnuts	1/8 cup	81	1.8	1.9	8
Oils:	flaxseed	1Tb	120	0	0	13.6
	olive	1Tb	119	0	0	13.5
	peanuts	1Tb	119	0	0	13.5
	safflower	1Tb	120	0	0	13.6
Other:	wheat germ	1Tb	120	0	0	13.6
	avocado	1/3	108	1.33	4.9	10.2
	Averages:					
	Nuts&Seeds		101.4	2.93	3.72	8.82
	Oils		119.5	0	0	13.6

GENERAL	ITEM	EXCHANGE	CALORIE	PROTEIN (g)	CARB (g)	FAT (g)
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Soup:	black bean	1 cup	116	5.64	19.8	1.51
	beef bouillon	1 cup	16	2.74	1	.53
	chicken broth	1 cup	39	4.93	.93	1.39
	chicken gumbo	1 cup	56	2.64	8.37	1.43
	chicken noodle	1 cup	75	4.04	9.35	2.45

	chicken tortilla	1 cup	130	8	19	2.5
	clam chowder, NE	1 cup	95	4.81	12.4	2.88
	gazpacho	1 cup	57	8.69	.78	2.24
	minestrone	1 cup	83	4.26	11.2	2.51
	tomato	1 cup	86	2.06	16.6	1.92
	vegetable, vegetarian	1 cup	72	2.1	12	1.93
Beverages:						
	NPN whey vanilla	22.5g	88	16	3	1
	NPN whey chocolate	22.5g	89	16	3.2	1.2
	tea, green	1 bag (2g)	0	0	1	0
	tea, black	1 bag (2g)	0	0	0	0
	tea, herbal	1 bag (2g)	0	0	1	0
	coffee	6 oz.	3	0	.54	.01
	latte, nonfat milk	12 oz.	126	12	18	0
	cappuccino	12 oz.	75	7	11	0
	light beer	12 oz.	103	.85	5.8	0
	beer	12 oz.	148	.94	13.2	0
	gin, rum, whiskey, vodka	1 oz.	70	0	0	0
	wine, red	3.5 oz.	76	.21	2.52	0
	wine, white	3.5 oz.	80	.15	3.4	0
Sauces:						
	barbeque	1/8 cup	23.5	.5	4	.5
	catsup	1 Tb	16	.3	3.8	.1
	horseradish	1 Tb	6	.2	1.4	0
	lemon juice	1 Tb	3	.06	.99	.04
	lime juice	1 Tb	4	.09	1.39	.02
	mayonnaise, light	1 Tb	45	0	1	4.5
	miso	10 g	24.9	.9	4.2	.5
	mustard	1 Tb	15	.9	.9	.9
	salsa	2 Tb	8	.4	1.3	.1
	soy	1 Tb	11	1.56	1.5	0
	tarter	1 Tb	31	.1	.9	3.1
	teriyaki	1 Tb	15	1.1	2.9	0
	umeboshi	100g	17	.3	3.4	.8
	vinegar	1 Tb	2	0	.9	0

