

## PROTEIN GROUP:

One exchange provides 45-75 kcal, 0g carbohydrates, 7g protein, 0-5g fat and it is equivalent to:

- 1 whole egg or 2 egg whites
- 30gm low fat white cheese
- ¼ cup cottage cheese
- 2 Tablespoon (40gm) low fat Labaneh
- 30gm (2 fingers size) cooked boneless skinless chicken, fish or meat
- 30gm canned tuna or salmon in water
- 30gm shellfish: clams, crab, shrimp, lobster, scallops
- 30gm of liver, kidney, heart *\*high in cholesterol*
- ½ cup Tofu or edamame *\*vegetarian*
- 1 Tablespoon (15gm) peanut butter *\*vegetarian*

## NON-STARCHY VEGETABLES GROUP:

One exchange provides 25 kcal, 5 g carbs, 2 g protein, 0 g fat and it is equivalent to: 1 cup raw or ½ cup cooked of the following:

- Marrow
- Carrots
- Fresh & canned tomatoes
- Summer squash
- Eggplant
- Mushroom
- Sweet pepper
- Radish
- Beetroot
- Swiss chard
- Green beans
- Cabbage
- Onion & spring onion
- Other green leafy vegetables
- Broccoli
- Cauliflower
- Cucumber
- Celery
- Asparagus
- Lettuce
- Spinach
- Mulukheyah (*Jewsmallows*)
- Okra



Portion	90 Grams	60 Grams	30 Grams	5ml	15ml	240ml
Equivalent to	Palm with fingers	Palm	2 fingers	Tea spoon	Table Spoon	1 cup
Visual guide by hand						

# FOOD Exchange List

## STARCH GROUP

One exchange provides 80kcal, 15g carbohydrates, 3g protein, 0-1g fat and it is equivalent to:

- 1 slice toast bread white or whole wheat (30gm)
- ¼ Arabic kubuz, white or whole wheat (30gm)
- ½ medium size bun or hot dog bread (30gm)
- ½ cup cornflakes or bran flakes or oatmeal
- 1/3 cup cooked or boiled rice or couscous or macaroni or pasta or noodles
- 1 piece bran biscuit or 1 ½ unsweetened Shaboora
- 3 cups air popped popcorn
- 3 pieces medium size Falafel
- ½ cup cooked or boiled semolina, bulgur, Freeka, Jareesh, or Harees
- ½ cup cooked or boiled chickpeas, broad beans (Foul), lentils, white/red/black/kidney beans  
\*counts as plant-based protein also
- ¼ Indian paratha low fat (30gm)
- 1 small chapatti 15 diameter (30gm)
- 1 Idli' (3" Round)      • ½ cup Potato subji
- ¼ Naan Indian Bread      • ½ Jowar Roti
- 1 ordinary Dosa      • 1 small Puri

### Starchy vegetables:

- ¾ cup pumpkin
- 1 small boiled or baked potato (90 gm)
- ½ cup green peas, corn, boiled or mashed potato or sweet potato

## FRUIT GROUP:

One exchange provides 60 kcal, 15g carbohydrates, 0-1g protein, 0g fat and it is equivalent to:

- One medium sized apple, orange, pear or peach
- ½ medium sized banana, mango or pomegranate
- 2 medium sized tangerines or figs
- 4 medium sized apricot or plums
- 5 medium sized fresh dates
- 12 medium sized grapes or cherries
- 1 cup (cubes) sweet melon or papaya
- 1 ¼ cup (cubes) watermelon or strawberries
- ¾ cup blueberries, blackberries or pineapple
- 3 medium pieces of Jack fruit
- ½ custard apple
- 2 Tablespoons Raisins
- 3 medium sized dried apricot, prunes, plums, dates
- 2 medium sized dried figs
- ½ cup fresh fruit juice without added sugar
- 1/3 cup fresh mixed fruit juice or grapes juice or prune juice without added sugar

## MILK GROUP (LOW FAT):

One exchange provides 120 kcal, 12 g carbohydrates, 8 g protein, 5 g fat and it is equivalent to:

- 1 cup (240 ml) low fat milk or Laban drink
- ½ cup low fat evaporated milk
- 1 cup (240 ml) soy milk \*vegetarian
- 2/3 cup (180 ml) low fat yoghurt or Greek yogurt

## OIL AND FAT GROUP:

One exchange provides 45 kcal, 5 g fat and it is equivalent to:

- 1 teaspoon olive/corn/sunflower/ or canola oil
- 1 Tablespoon salad dressing or 2 Tablespoons of low fat salad dressing
- 2 teaspoon mayonnaise
- 2 teaspoons tahini or sesame paste
- 2 Tablespoons avocado (30 g)
- 1 ½ tablespoon thick coconut milk
- 2 Tablespoons shredded coconut
- 8 medium sized black olives or 10 green olives
- 6 medium sized cashew or almonds or mixed nuts
- 5 pieces hazelnuts
- 10 pieces peanuts
- 1 Tablespoon seeds (chia, ground flaxseed, pumpkin, sesame, sunflower seeds)

