



**Sage Nutrition**

**EXCHANGE LIST FOR  
MEAL PLANNING**

## CARBOHYDRATES | STARCHES | GRAINS | BREADS

### BREADS

Food	1 Exchange, Unless Otherwise Noted
Bagel, mini	1 bagel
Bagel, standard size	1/2 bagel
Bagel, large deli or coffee shop bagel	1/4 bagel
Biscuit, 2 1/2-inch across	1 biscuit = 1 starch and 1 fat
Breads ( <i>rye, pumpernickel, white, &amp; whole wheat</i> )	1 slice
Cornbread	2-inch cube
Croutons	1 cup
English muffin	1/2 muffin
French toast	1 slice = 1 starch and 1 fat
Garlic breadstick or toast	1 piece = 1 starch and 1 fat
Hotdog or hamburger bun, standard size	1/2 bun
Matzah, all shapes and sizes	1 oz.
Melba toast	4 pieces
Muffin, small	1 small muffin = 1 starch and 1 fat
Naan, 8-inch	1/2 naan
Pancake, 4-inch across ( <i>size of a CD</i> )	1 pancake
Pancake, 7-inch across	2 starches
Pita, 6-inch across	1/2 pita
Plain roll, small	1 roll
Stuffing, bread	1/2 cup = 1 starch and 1 fat
Taco shell, hard	2 hard taco shells = 1 starch and 1 fat
Tortilla, 6 inches across	1 tortilla
Tortilla, 8 inches across	1/2 tortilla
Tortilla, burrito style, 10-12 inch diameter	1/3 tortilla
Waffle, Belgian	1/2 waffle = 1 starch and 1 fat
Waffle, 4-inch square or diameter ( <i>Eggo size</i> )	1 waffle

### CEREALS | GRANOLA

Food	1 Exchange, Unless Otherwise Noted
Bran cereals, dense or flaked ( <i>All Bran, Fiber One, Raisin</i> )	1/2 cup
Cooked cereals ( <i>grits, oats, oatmeal</i> )	1/2 cup
Granola	1/4 cup
Oats, cooked	1/2 cup
Oats, uncooked	1/4 cup
Puffed cereal, unsweetened ( <i>i.e. Rice Krispies</i> )	1 cup
Ready-to-eat cereal, unsweetened	3/4 cup
Muesli	1/4 cup

## PASTA | GRAINS

Food	1 Exchange, Unless Otherwise Noted
Barley, cooked	1/2 cup
Bulgur, cooked	
Couscous, cooked	
Gnocchi	1/4 cup
Millet, cooked	1/2 cup
Pasta, cooked	
Polenta	
Quinoa, cooked	
Rice, white, brown, and other colors and types	

## DRIED BEANS | PEAS | LENTILS

Food	1 Exchange, Unless Otherwise Noted
Baked beans	1/4 cup
Beans, cooked or canned ( <i>black, garbanzo, kidney, lima, navy, pinto, white</i> )	1/2 cup
Lentils, cooked ( <i>any color</i> )	
Peas, cooked or canned ( <i>black-eyed and split</i> )	
Refried beans, canned	

## STARCHY VEGETABLES

Food	1 Exchange, Unless Otherwise Noted
Corn	1/2 cup or 1/2 large cob
Hash browns	1/2 cup = 1 starch and 1 fat
Peas	1/2 cup
Potato, baked	1 small ( <i>size of a computer mouse or 3oz</i> )
Potato, mashed	1/2 cup
Squash, winter ( <i>acorn, butternut, pumpkin</i> )	1 cup
Succotash	1/2 cup
Tater tots	~6 large tots = 1 starch and 1 fat
Yam, sweet potato	1/2 cup

## CRACKERS | SNACKS

Food	1 Exchange, Unless Otherwise Noted
Animal crackers	10 crackers
Cheez-its	1/2 cup = 1 starch and 1 fat
Club cracker	7-8 crackers
Cracker, round butter type ( <i>i.e. Ritz</i> )	8 crackers = 1 starch and 1 fat
Graham crackers	1 1/2 sheets ( <i>or 3 squares</i> )
Granola bar	1 bar
Large crackers ( <i>Carrs, Saltines, Triscuits, Vanilla wafers</i> )	6 crackers
Popcorn, popped	3 cups
Potato chips, regular	12-13 chips or 1 oz. = 1 starch and 1 fat
Tortilla chips	12-13 chips or 1 oz. = 1 starch and 1 fat
Pretzels	1/2 cup
Sandwich crackers with cheese or peanut butter	6 crackers = 1 starch and 2 fats
Small crackers ( <i>oyster, goldfish, Kashi, Wheat Thins</i> )	1/2 cup
Wasa Fiber Rye	2 sheets

## FRUITS

In general, examples of one exchange would be:

- 1 medium piece of fresh fruit
- 1 cup fresh fruit cubes such as melons and berries
- 1/2 cup canned fruit, fruit sauce, thawed fruit, or fruit juice
- 1/4 cup dried fruit

### FRESH | FROZEN | DRIED

Food	Serving Size for 1 Exchange	
	FRESH   FROZEN	DRIED
Apples	1 small	1/4 cup dried
Apricots	4 medium apricots	8 apricot halves
Banana	1 small	1/4 cup dried
Berries ( <i>all varieties</i> )	1 cup	1/4 cup dried
Cherries	1 cup	1/4 cup dried
Clementine's   "Cuties"	2 medium   3 small	
Dates	3 medium dates	2 Tbsp ( <i>3 dried dates</i> )
Figs	2 medium figs	3 small dried figs
Grapefruit*	1 small or 1/2 large	
Grapes   Raisins	1 cup	1/4 cup dried raisins
Kiwi	2 kiwi	
Melons ( <i>cantaloupe, honeydew, watermelon</i> )	1 cup	
Orange	1 medium	
Peach   Nectarine	1 medium or 1 cup sliced	1/4 cup dried
Pear	1 medium or 1 cup sliced	1/4 cup dried
Plum   Prunes	2 plums	5 prunes
Pomegranate, seeds	1/2 cup	
Tangerine ( <i>not the same as "Cuties"</i> )	1 large	
Tropical fruits ( <i>pineapple, papaya, mango, etc.</i> )	1 cup	1/4 cup dried

### 100% FRUIT JUICE

Food		Serving Size for 1 Exchange
Apple juice	Orange juice	1/2 cup
Cranberry juice	Pineapple juice	
Grape juice	Pomegranate juice	
Grapefruit juice*	Prune juice	
100% Juice V8 Fusion		1/2 cup = 1 fruit 1 cup = 1 fruit and 1 vegetable

### CANNED

Food		Serving Size for 1 Exchange
Applesauce, unsweetened		1 cup
Applesauce, sweetened	Mandarin oranges	1/2 cup
Apricots	Peaches	
Cherries	Pears	
Fruit cocktail	Pineapple	
Grapefruit sections*	Plums	

**\*Grapefruit and grapefruit juice have many food-drug interactions. Please inform the medical staff if you consume these fruits.**

## VEGETABLES

Vegetables contain 2-3 grams of fiber and are great sources of vitamins and minerals.

### RAW | COOKED

Food	Serving Size for 1 Exchange
Artichoke   Artichoke hearts	1 cup raw OR 1/2 cup cooked
Asparagus (5-6 medium spears)	
Bamboo shoots	
Bean sprouts ( <i>alfalfa, mung, soybean</i> )	
Beans ( <i>green, wax, Italian, yard-long beans</i> )	
Beets	
Broccoli   Broccoli slaw   Broccolini	
Brussels sprouts	
Cabbage ( <i>green, red, bok choy, Chinese, coleslaw</i> )	
Carrots	
Cauliflower	
Celery	
Cucumber	
Edamame	
Eggplant	
Greens ( <i>collard, dandelion, mustard, turnip</i> )	
Hearts of palm	
Jicama	
Kale	
Leeks	
Lettuce ( <i>all varieties, except iceberg</i> )	
Mushrooms ( <i>all varieties</i> )	
Okra	
Onions ( <i>all varieties</i> )	
Peppers ( <i>all varieties</i> )	
Radish	
Sauerkraut	
Spinach	
Sugar snap peas	
Summer squash	
Swiss chard	
Tomato	
Turnips	
Water chestnuts	
Zucchini	

### JUICE

Food	Serving Size for 1 Exchange
Tomato   Vegetable juice	1/2 cup juice
100% Juice V8 Fusion	1/2 cup = 1 vegetable 1 cup = 1 fruit and 1 vegetable

# PROTEINS

1 protein = 1 oz. of meat, poultry, fish, pork, or beef

Standard equivalents of 3 ounces of meat (3 proteins) are listed below:

- 1 medium pork chop
- 1 palm-sized burger
- 1 hand-sized chicken breast
- 1 fish filet the size of an iPhone
- 1/2 cup ground or diced meat

## MEAT | SEAFOOD

Food	1 Exchange, Unless Otherwise Noted
Bacon, pork	2 slices
Bacon, turkey	3 slices
Bratwurst	1 brat = 3 protein, 2 fats
Breakfast sausage, includes vegetarian	1 patty or 2 links
Beef	1 oz. cooked
Beef Jerky	1/2 oz.
Canadian Bacon	1 oz.
Corndog	1 corndog= 1 protein, 1 starch, 2 fats
Chicken, any kind	1 oz. cooked
Fish, all kinds	1 oz. cooked
Ham	1 oz. cooked
Hot dog, regular and jumbo	1 = 1 protein, 2 fats
Luncheon meat	1 oz. = 1 exchange General Guide: 1 deli slice   2 packaged slices   4 paper thin slices
Oysters, fresh or frozen	6 medium oysters
Pork	1 oz. cooked
Sardines	2 small sardines
Shellfish ( <i>shrimp, scallops, crab, lobster</i> )	1 oz. cooked
Shrimp	3 large, 6 small, or 1/3 cup
Tuna, cooked or canned	1 oz.
Turkey	1 oz. cooked
Salmon, cooked or canned	1 oz.

## DAIRY | EGGS

Food	1 Exchange, Unless Otherwise Noted
Cottage cheese or ricotta	1/4 cup or 2 oz.
Cheese, shredded, or grated	1/4 cup or 2 oz.
Cheese, sliced or stick	1 slice, 1 stick, or 1 oz.
Cheese, vegan	2 slices
Egg	1 whole egg
Egg whites	2 whites
Egg substitute	1/4 cup
Milk ( <i>1%, 2%, whole</i> )	1 cup
Milk, soy	1 cup
Yogurt, Greek	4 oz. or 1/2 cup
Yogurt, regular	6 oz. or 2/3 cup

## PLANT-BASED PROTEINS

Food	1 Exchange, Unless Otherwise Noted
"Bacon" strips, soy-based	2 strips
Baked beans, canned	1/2 cup
Beans, cooked or canned ( <i>black, garbanzo, kidney, lima, navy, pinto, white</i> )	1/2 cup
"Beef" or "sausage" crumbles, meatless	1/2 cup = 2 proteins
"Chicken" nuggets, soy-based	2 nuggets
Edamame, no pods ( <i>shelled</i> )	1/2 cup
Falafel	3 patties ( <i>about 2 inches across</i> )
Hot dog, meatless, soy-based	1 hot dog
Hummus	1/3 cup = 1 protein and 1 fat
Lentils, cooked ( <i>any color</i> )	1/2 cup
Meatless alternatives	2 oz. = 1 protein
Nuts	1/4 cup = 1 protein and 2 fats
Nut and seed butters ( <i>almond butter, cashew butter, peanut butter, sunflower seed butter</i> )	2 Tbsp. = 1 protein and 2 fats
Peas, cooked or canned ( <i>black-eyed and split</i> )	1/2 cup
Refried beans, canned	1/2 cup
"Sausage" breakfast-type patties, meatless	1 patty
Seeds ( <i>pumpkin, sunflower</i> )	1/4 cup = 1 protein and 2 fats
Tempeh or Seitan	1/4 cup
Tofu	1/4 cup cooked, 1/2 cup uncooked
Tofurky	5 slices = 2 proteins
Veggie burger	1 patty = 2 proteins

## DAIRY

Milk and milk products are excellent sources of calcium and protein, needed for growth and repair of bones, teeth, and muscles.

Food	1 Exchange, Unless Otherwise Noted
Milk (1%, 2%, whole)	1 cup
Almond Breeze	2 cups
Buttermilk	1 cup
Dry nonfat milk	1/3 cup
Evaporated milk	1/2 cup
Rice Dream	1 cup
Soy Milk	1 cup
Yogurt, Greek	4 oz. or 1/2 cup
Yogurt, regular	6 oz. or 2/3 cup
Cheese	1/4 cup, 1 slice, 1 stick, or 1-2 oz.
Cheese, cottage	1/2 cup, 4oz
Kefir	1 cup



## FATS AND OILS

Mono and polyunsaturated fats are heart healthy fats which help improve ratio of HDL and LDL cholesterol. Our bodies need a variety of fats to function optimally.

### MONOUNSATURATED FATS

Food	1 Exchange, Unless Otherwise Noted
Avocado	1/4 of a small avocado
Guacamole	2 Tbsp. (1 oz.)
Nuts ( <i>almonds, Brazil, cashews, hazelnuts, macadamia, mixed, peanuts, pecans pistachios</i> )	2 Tbsp.
Nut butters ( <i>almond butter, cashew butter, peanut butter</i> )	1 Tbsp. = 2 exchanges
Oil ( <i>olive, canola, peanut</i> )	1 tsp.
Olives, black	8 large
Olives, stuffed green	10 large

### POLYUNSATURATED FATS

Food	1 Exchange, Unless Otherwise Noted
Flax seeds, ground	2 Tbsp.
Flax seeds, whole	3 Tbsp.
Hummus	2 Tbsp.
Margarine	1 tsp.
Mayonnaise	1 Tbsp.
Miracle Whip	1 Tbsp.
Oil ( <i>corn, cottonseed, flaxseed, grapeseed, safflower, soybean, sunflower, walnut</i> )	1 tsp.
Pesto	1 Tbsp.
Salad dressing	1 Tbsp.
Seeds ( <i>chia, pumpkin, sesame, or sunflower</i> )	1 Tbsp.
Seed butters ( <i>sunflower seed butter</i> )	1 Tbsp.
Tahini paste	1 Tbsp.
Walnuts	4 halves or 2 Tbsp.

### SATURATED FATS

Food	1 Exchange, Unless Otherwise Noted
Bacon, pork	1 slice
Butter	1 tsp.
Butter, whipped	1 Tbsp.
Cheese	1 slice or 1 oz
Cheese, shredded or grated	1/4 Cup or 2oz
Coconut, canned milk	2 Tbsp.
Coconut, shredded	2 Tbsp.
Coffee creamer, liquid	2 Tbsp.
Coffee creamer, powder	1 Tbsp.
Cream cheese	1 Tbsp.
Cream, half and half	2 Tbsp.
Cream, heavy whipping cream	1 Tbsp.
Oil ( <i>coconut, palm, palm kernel</i> )	1 tsp.
Nutella	1 Tbsp.
Shortening, solid	1 tsp.
Sour cream	2 Tbsp.

## SWEETS

Sweets provide satiety and may compliment another food but not necessarily fit into one of the six food groups. It is recommended that you include these foods at least 3 times per week. This is part of implementing normal eating and expanding variety in your meal plan. If an item is not listed on here or you are interested in exchanges, please discuss it with your dietitian.

Food	1 Serving
Brownie	2"x2"
Cake	2"x2"
Candy Bar	1 bar
Cheesecake	1 slice
Cookie, large bakery	1 cookie
Danish	1 Danish
Donut	1 regular
Ice Cream	1/2 cup
Milkshake	12 oz.
Pie	1/8 of a 9" pie
Poptart	1 Poptart

## CONDIMENTS

Moderate amounts (1 tsp. – 1 Tbsp.) of condiments do not add up to an exchange from any of the food groups. Condiments are suggested to be taken in small amounts to compliment or enhance foods. If you struggle with avoiding, overusing, or using condiments on foods that are not commonly paired with that condiment, please talk with your dietitian as this may be a sign of disorder.

Barbeque sauce
Catsup/ Ketchup
Cranberry sauce, jellied
Creamers ( <i>non-dairy and liquid</i> )
Fruit spread
Half-n-Half
Honey
Horseradish
Hot sauce
Jam or Jelly
Lemon or Lime juice
Molasses
Mustard
Parmesan cheese ( <i>if less than 2 Tbsp.</i> )
Pickles
Steak sauce
Salsa
Seasonings and spices
Soy sauce
Sugar
Sweet and sour sauce
Syrup
Teriyaki sauce
Vinegar

## COMBINATION FOODS

### ENTRÉES

Food	Amount	Exchanges
Burrito, beef and beans	1 burrito 5-7"	2 starches 2 proteins 2 fats
Casseroles ( <i>Lasagna, Tuna noodle, Ravioli, etc.</i> )	1 cup	2 starches 2 proteins 1 fat 0-1 vegetable
Chicken noodle soup	1 cup	1 starch 1 protein
Chicken pot pie	1 pot pie (7 oz.)	3 starches 1 protein 3 fats
Chicken salad	1/2 cup	2 proteins 1 fat
Chili with meat and beans	1 cup	1-2 starches 2 proteins 1 fat
Creamed soup	1 cup	1 starch 1 fat
Egg salad	1/2 cup	2 proteins 1 fat
Frozen entrée	1 entrée (9-12 oz.)	2-3 starches 2 proteins 0-1 fat 0-1 vegetable
Macaroni and cheese	1 cup	2 starches 2 proteins 2 fats ( <i>depending on the brand</i> )
Luna, Kind, or Lara bar	1 bar	1 starch 1 protein
Pizza, thin crust	4 slices of a 10" small pizza (6 slices = 1 pizza) 3 slices of a 12" medium pizza (8 slices = 1 pizza) 3 slices of a 14" large pizza (8-10 slices = 1 pizza)	3 starches 2 proteins ( <i>generally speaking, but may be more depending on the toppings</i> ) 3 fats
Pizza, thick crust	1 personal 6" pizza 3 slices of a 10" small pizza (6 slices = 1 pizza) 2 slices of a 12" medium pizza (8 slices = 1 pizza) 2 slices of a 14" large pizza (8-10 slices = 1 pizza)	3 starches 2 proteins ( <i>generally speaking, but may be more depending on the toppings</i> ) 3 fat

Pocket sandwich, frozen	1 sandwich (~4-5 oz.)	3 starches 1 protein 1-2 fats
Pot stickers	5 pot stickers	1 starch 2 proteins
Quiche	1/6 <sup>th</sup> of a 9" quiche	1-2 starch 3 protein 2 fats
Ramen noodle soup	1 (3 oz.)-package, makes 16 oz. cooked	4 starches 2 proteins 2 fats
	1 Instant Lunch package (2.25 oz.)	3 starches 1 protein 2 fats
Sloppy Joe sandwich	1/2 cup on a bun or 2 slices bread	2 starches 3 proteins
Stews ( <i>beef   other meats and vegetables</i> )	1 cup	1 starch 1 protein 0-3 fats
Stir-fry	1 cup, without rice or pasta	2-3 proteins 1 vegetable <i>(+2 starches if 1 cup rice or pasta is added)</i>
Sushi rolls	4 large pieces 6 small pieces	1 starch 1 protein, <i>(if not vegetarian)</i>
Tomato soup, made with water	1 cup	1 vegetable <i>(If made with milk, +1 protein)</i>
Tuna salad	1/2 cup	2 proteins 1 fat

## SIDES

Food	Amount	Exchanges
French fries	1 small order	2 starches 2 fats
Coleslaw	1/2 cup	1 vegetable 1 fat
Macaroni   Pasta salad	1/2 cup	1 starch 3 fat
Potato salad	1/2 cup	1 starch 1-2 fats
Egg roll	1 roll	1 starch 1 protein 1 fat