



Permian Internal Medicine Associates

403 Pittsburg Avenue | Odessa, Texas 79761

Phone: (432) 332-3400 | Fax: (432) 332-6500

Food Lists for Diabetic Patients

(Adapted from the America Diabetes Association and American Dietetic Association's Exchange Lists for Meal Planning)

The following is a more complete list of foods in each of the six food groups. To get variety in your meals, you may substitute foods from the same group. All servings within each group are equal. You can trade one food for any other in the same group at any meal as long as you stay with the correct number of servings from each group as allowed on the "How Much and/or What to Eat" section of your diet sheet.

Starch / Bread List

Each item on this list contains approximately 15 grams of carbohydrate, 3 grams of protein, a trace of fat, and 80 calories. Whole grain products average about 2 grams of fiber per serving. Some foods are higher in fiber. Those foods that contain 3 or more grams of fiber per exchange are identified with a * symbol. If you want to eat a starch food that is not on this list, the general rule is that:

Cereals / Grains / Pasta

- ½ cup of cereal, grain or pasta is one serving.
- 1 ounce of a bread product is one serving.
 - Bran Cereals, concentrated * 1/3 cup
 - Ex: Bran Buds, All Bran
 - Bran Cereals, Flaked * ½ cup
 - Bulgur (cooked) ½ cup
 - Cooked Cereals ½ cup
 - Cornmeal (dry) 2 -1/2 tbsp.
 - Grape-Nuts 3 tbsp.
 - Grits (cooked) ½ cup
 - Other ready-to-eat unsweetened cereals ¾ cup
 - Pasta (cooked) ½ cup
 - Puffed cereal 1 – ½ cup
 - Rice, white or brown (cooked) 1/3 cup
 - Shredded Wheat ½ cup
 - Wheat germ * 3 tbsp

Dried Beans / Peas / Lentils

- Beans and peas (cooked) * 1/3 cup
 - Such as kidney, white split, black-eyed)
- Lentils (cooked) 1/3 cup
- Baked Beans * ¼ cup

Starchy Vegetables

- Corn * ½ cup
- Corn on the cob, 6 in. long * 1
- Lima beans * ½ cup
- Peas, green (canned or frozen)* ½ cup
- Plantain * ½ cup
- Potato, baked 1 small (3 oz.)
- Potato, mashed ½ cup
- Squash, winter (acorn, butternut)* 1 cup
- Yam, Sweet Potato, plain 1/3 cup



Permian Internal Medicine Associates

403 Pittsburg Avenue | Odessa, Texas 79761

Phone: (432) 332-3400 | Fax: (432) 332-6500

CONTINUED.....

Bread

○ Bagel	½ (1 oz.)
○ Bread Sticks, crisp, 4 in. long x ½ in.	2 (2/3 oz.)
○ Croutons, low fat	1 cup
○ English Muffin	½
○ Frankfurter or hamburger Bun	½ (1 oz.)
○ Pita, 6 in. across	½
○ Plain roll, small	1 (1 oz.)
○ Raisin, unfrosted	1 slice (1oz.)
○ Rye, Pumpernickel	1 slice (1oz.)
○ Tortilla, 6 in. across	1
○ White (including French, Italian)	1 slice (1 oz.)
○ Whole-Wheat	1 slice (1 oz.)

Cracker / Snacks

○ Animal Crackers	8
○ Graham Crackers, 2-1-2 in. square	3
○ Matzoth	¾ oz.
○ Melba Toast	5 slices
○ Oyster Crackers	24
○ Popcorn (popped, no fat added)	3 cups
○ Pretzels	¾ oz.
○ Rye Crisp, 2 in. x 3-1/2*	4
○ Saltine-type crackers	6
○ Whole-Wheat Crackers, no fat added*	2-4 slices (¾ oz.)

Starch Foods Prepared with Fat

(Count as 1 starch / bread serving, plus 1 fat serving)

○ Biscuit, 2-1½ in. across	1
○ Chow Mein Noodles	½ cup
○ Corn Bread, 2 in. cube	1 (2 oz.)
○ Cracker, round butter type	6
○ French fried potatoes, 2 in. to 3-1/2 in. long	10 (1-1/2 Oz.)
○ Muffin, plain, small	1
○ Pancake, 4in. across	2
○ Stuffing, bread (prepared)	¼ cup
○ Taco Shell, 6 in. across	2
○ Waffle, 4-1/2 in. square	1
○ Whole-wheat crackers, fat added *	4-6 (1 oz.)



Permian Internal Medicine Associates

403 Pittsburg Avenue | Odessa, Texas 79761

Phone: (432) 332-3400 | Fax: (432) 332-6500

CONTINUED.....

Meat List

Each serving of meat and substitutes on this list contains about 7 grams of protein. The amount of fat and number of calories varies, depending on what kind of meat or substitute you choose. The list is divided into three parts based on the amount of fat and calories: lean meat, medium – fat, and high-fat meat.

Meats and meat substitutes that have 400 milligrams or more of sodium per ounce are indicated with this symbol: ^

*Meats and meat substitutes that have 400 milligrams or more of sodium if two or more ounces are eaten are indicated with this symbol: **

Lean Meat and Substitutes

One ounce or equivalent of lean meat contains about 7 grams of protein, 3 grams of fat and 55 calories. One ounce or equivalent is equal to any of the following items:

Beef:	USDA Select or Choice grades of lean beef, such as round, sirloin, and flank steak; tenderloin and chipped beef ^	1 oz.
Pork:	Lean Pork, such as fresh ham; canned, cured or boiled ham ^; Canadian bacon ^, tenderloin	1 oz.
Veal:	All cuts are lean except for veal cutlets (ground or cubed). Examples of lean veal are chops and roasts.	1 oz.
Poultry:	Chicken, Turkey, Cornish Hen (without skin)	1 oz.
Fish:	All fresh and frozen fish	1 oz.
	Crab, lobster, scallops, shrimp, clams (fresh or canned in water)	2 oz.
	Oysters	6 medium
	Tuna (canned in water)	¼ cup
	Herring (uncreamed or smoked)	1 oz.
	Sardines (canned)	2 medium
Wild Game:	Venison, rabbit, squirrel	1 oz.
	Pheasant, duck, goose (without skin)	1 oz.
Cheese:	Any cottage cheese*	¼ cup
	Grated Parmesan	2 tbsp.
	Diet Cheese^ (with less than 55 calories per ounce)	1 oz.



Permian Internal Medicine Associates

403 Pittsburg Avenue | Odessa, Texas 79761

Phone: (432) 332-3400 | Fax: (432) 332-6500

CONTINUED.....

Other:	95% fat-free luncheon meat^	1-1/2 oz.
	Egg whites	3 whites
	Egg substitutes with less than 55 calories per 1/2 cup	1/2 cup

Meat\Meat Substitute List

Other:	Egg (high in cholesterol, limit to 3 per week)	1
	Egg substitutes with 56-80 calories per 1\4 cup	1/4 cup
	Tofu (2 1/2 in. x 2 3/4 in. x 1 in.)	4 oz.
	Liver, heart, kidney, sweetbreads (high in cholesterol)	1 oz.

High-Fat Meat and Substitutes

1 oz. = 7 g protein = 8 g fat = 100 calories

Beef:	Most USDA Prime cuts of beef, such as robs, corned beef	1 oz.
Pork:	Spareribs, ground pork, pork sausage (patty or link)	1 oz.
Lamb:	Patties (ground lamb)	1 oz.
Fish:	Any fried fish product	1 oz.
Cheese:	All low salt cheeses	1 oz.
Other:	Peanut Butter (contains unsaturated fat)	1 tbsp.

Fats List

1 fat exchange = 5 g fat = 45 calories

Monounsaturated Fats

Avocado, medium	1/8 (1 oz.)
Oil (canola, olive, peanut)	1 tsp
LS Nuts	
LS Almonds, cashews	6 nuts
LS Mixed (50% peanuts)	6 nuts
LS Peanuts	10 nuts
LS Pecans	4 halves
LS Peanut Butter, smooth or crunchy	2 tsp
LS Sesame Seeds	1 tbsp
LS Tahini Paste	2 tsp



Permian Internal Medicine Associates

403 Pittsburg Avenue | Odessa, Texas 79761

Phone: (432) 332-3400 | Fax: (432) 332-6500

CONTINUED.....

Polysaturated Fats

Margarine: Stick, tub, or squeeze	1 tsp
Lower-fat (30% to 50% vegetable oil)	1 tbsp
Mayonnaise: Regular	1 tsp
Reduced fat	1 tbsp
LS Nuts, walnuts, English	4 halves
Oil (corn, safflower, soybean)	1 tsp
LS Salad Dressing, Regular	1 tbsp
Reduced fat	2 tbsp
LS Seeds: Pumpkin, sunflower	1 tbsp

Meat List

High Fat Meat and Substitutes

Lamb:	Patties (ground lamb)	1 oz.
Fish:	Any fried fish product	1 oz.
Cheese:	All regular cheeses, such as American [^] , Blue [^] , Cheddar*, Monterey Jack*, Swiss	1 oz.
Other:	Luncheon Meat [^] , such as bologna, salami, pimento loaf	1 oz.
	Sausage [^] , such as Polish, Italian smoked	1 oz.
	Knockwurst [^]	1 oz.
	Bratwurst	1 oz.
	Frankfurter [^] (turkey or chicken)	1 frank (10 per lb.)
	Peanut Butter (contains unsaturated fat)	1 tbsp.
	Count as one high fat meat plus one fat exchange:	
	Frankfurter [^] (beef, pork, or combination)	1 frank (10 per lb.)

Vegetable List

Each vegetable serving on this list contains about 5 grams of carbohydrate, 2 grams of protein, and 25 calories. Vegetables contain 2-3 grams of dietary fiber. Vegetables which contain 400 mg or more of sodium per serving are identified with a [^] symbol.

Unless otherwise note, the serving size for vegetables is:

- ½ cup of cooked vegetables or vegetable juice
- 1 cup of raw vegetables

Artichoke (1\2 medium)	Mushrooms, cooked	Onions
Asparagus	Okra	Pea Pods
Beans (green, wax, Italian)	Bean Sprouts	Beets
Broccoli	Brussels Sprouts	Cabbage, Cooked
Carrots	Cauliflower	Eggplant
Greens (collard, mustard, turnip)	Kohlrabi	Leeks



Permian Internal Medicine Associates

403 Pittsburg Avenue | Odessa, Texas 79761

Phone: (432) 332-3400 | Fax: (432) 332-6500

Rutabaga

Sauerkraut

Spinach, cooked

CONTINUED.....

Summer Squash (crookneck)
Turnips

Tomato (one large)
Water Chestnuts

Tomato\vegetable juice
Zucchini, cooked

**Starchy vegetables such as corn, peas and potatoes are found on the Starch\Bread List.
For free vegetables, see Free Food List**

Fruit List

Each item on this list contains about 15 grams of carbohydrate and 60 calories. Fresh, frozen, and dried fruits have about 2 grams of fiber per exchange. Fruits that have 3 or more grams of fiber per exchange have a * symbol. Fruit juices contain very little dietary fiber.

Unless otherwise noted, the serving size for most fruit is:

- ½ cup of fresh fruit or fruit juice
- ¼ cup of dried fruit

Fresh, Frozen, and Unsweetened Canned Fruit

Apple (raw, 2 in. across)	1
Applesauce (unsweetened)	½ cup
Apricots (medium, raw)	4
Apricots (canned)	½ cup, or 4 halves
Banana (9 in. long)	½
Blackberries (raw)*	¾ cup
Blueberries (raw)*	¾ cup
Cantaloupe (5 in. across)	1/3
Cantaloupe (cubes)	1 cup
Cherries (large, raw)	12
Cherries (canned)	½ cup
Figs (raw, 2in. across)	2
Fruit Cocktail (canned)	½ cup
Grapefruit (medium)	½
Grapefruit Sections	¾ cup
Grapes (small)	15
Honeydew Melon (medium)	1/8
Honeydew Melon (cubes)	1 cup
Kiwi (large)	1
Mandarin Orange	¾ cup
Mango (small)	½
Nectarine (2-1/2 in. across)*	1
Orange (2-1/2 in. across)	1
Papaya	1 cup
Peach (2-3/4 in. across)	1 peach, or ¾ cup

Dried Fruit

Apples*	4 rings
Apricots *	7 halves
Dates	2-1/2 med.
Figs *	1-1/2
Prunes *	3 medium
Raisins	2 tbsp

Fruit Juice

Apple Juice, cider	½ cup
Cranberry Juice Cocktail	1/3 cup
Grapefruit Juice	½ cup
Grape Juice	1/3 cup
Orange Juice	½ cup
Pineapple Juice	½ cup
Prune Juice	1/3 cup



Permian Internal Medicine Associates

403 Pittsburg Avenue | Odessa, Texas 79761

Phone: (432) 332-3400 | Fax: (432) 332-6500

CONTINUED.....

Peaches (canned)	½ cup or 2 halves
Pear	½ large, or 1 small
Pears (canned)	½ cup or 2 halves
Persimmon (medium, native)	2
Pineapple (raw)	¾ cup
Plum (raw, 2 in. across)	2
Pomegranate *	½
Raspberries (raw) *	1 cup
Strawberries (raw, whole) *	1-1/4 cup
Tangerine (2-1/2 in. across) *	2
Watermelon (cubes)	1-1/4 cup

Milk List

Unless otherwise noted, a serving size of milk is: 1 cup fluid milk

Skim and Very Low-fat Milk

Each serving from this group contains 12 grams of carbohydrate, 8 grams of protein, a trace of fat and 90 calories.

Skim Milk	1 cup
1-2 % Milk	1 cup
1% Milk	1 cup
Low-Fat Buttermilk	1 cup
Evaporated Skim Milk	½ cup
Dry Non-Fat Milk	1/3 cup
Plain Non-Fat Yogurt	8 oz.

Low-Fat Milk

Each serving from this group contains 12 grams of carbohydrate, 8 grams of protein, and 5 grams of fat and 120 calories.

2% Milk	1 cup
Plain Low-Fat Yogurt (with added non-fat milk solids)	8 oz.

Whole Milk

Each serving from this group contains 12 grams of carbohydrate, 8 grams of fat and 150 calories.

Whole Milk	1 cup
Evaporated Whole Milk	½ cup
Whole Plain Yogurt	8 oz.

Fat List

All fats are high in calories and should be carefully measured. Everyone should modify fat intake by eating more unsaturated fats instead of saturated fats. Each serving in this group contains about 5 grams of fat and 45 calories.



Permian Internal Medicine Associates

403 Pittsburg Avenue | Odessa, Texas 79761

Phone: (432) 332-3400 | Fax: (432) 332-6500

Unless otherwise noted one serving of fat is 1 teaspoon regular margarine or mayonnaise or 1 tablespoon diet margarine, diet mayonnaise or gravy.

CONTINUED.....

Unsaturated Fats

Avocado	1/8 medium
Margarine	1 tsp.
Margarine, diet	1 tbsp
Mayonnaise	1 tsp.
Mayonnaise, reduced-calorie	1 tbsp.
Nuts and Seeds:	
Almonds, dry roasted	6 whole
Cashews, dry roasted	1 tbsp.
Pecans	20 small or 10 large
Walnuts	2 whole
Seeds, Pine Nuts, Sunflower (without shells)	1 tbsp.
Pumpkin Seeds	2 tbsp.
Oil (corn, cottonseed, safflower, Soybean, sunflower, olive, Peanut)	1 tsp.
Olives*	10 small or 5 large
Salad Dressing, mayonnaise-type	2 tsp.
Salad Dressing, Mayonnaise-type, Reduced calorie	1 tbsp
Salad Dressing (oil varieties)	1 tbsp.
Salad Dressing, reduced calorie^	2 tbsp.

(Two tablespoons of low-calorie salad dressing is a free food)

Saturated Fats

Butter	1 tsp.
Bacon*	1 slice
Chitterlings	½ oz.
Coconut, shredded	2 tbsp
Coffee Whitener, liquid	2 tbsp
Coffee Whitener, Powder	4 tsp
Cream, (light, coffee, table)	2 tbsp
Cream, Sour	2 tbsp
Cream (heavy, whipping)	1 tbsp
Cream Cheese	1 tbsp
Salt Pork*	¼ oz.

^ 400 mg or more of sodium per exchange

* 400 mg or more of sodium if two or more exchanges are eaten



Permian Internal Medicine Associates

403 Pittsburg Avenue | Odessa, Texas 79761

Phone: (432) 332-3400 | Fax: (432) 332-6500

CONTINUED.....

Free Foods

A free food is any food or drink that contains fewer than 20 calories per serving. You can eat as much as you want of those items that have no serving size specified. You may eat two or three servings per day of those items that have a specific serving size. Be sure to spread them out throughout the day.

Drinks

Bouillon[^], or broth without fat
 Bouillon, low-sodium
 Carbonated drinks, sugar free
 Carbonated water
 Club Soda

Cocoa powder, unsweetened (1tbsp)
 Coffee\Tea
 Drink Mixes, sugar free
 Tonic water, sugar free

Fruit

Cranberries, unsweetened (1\2 cup)
 Rhubarb, unsweetened (1/2 cup)

Seasonings

Basil (fresh)
 Celery Seeds
 Chili Powder
 Chives
 Cinnamon
 Curry
 Dill
 Flavoring extracts (vanilla, almond, walnut
 peppermint, butter, lemon, etc.)
 Garlic
 Garlic Powder
 Herbs
 Hot Pepper Sauce
 Lemon
 Lemon Juice
 Lemon Pepper
 Lime
 Lime Juice
 Mint
 Onion Powder
 Oregano
 Paprika
 Pepper
 Pimento
 Spices
 Soy Sauce*
 Soy Sauce*, low sodium ("lite")
 Wine, used in cooking (1/4 cup)
 Worcestershire Sauce

Vegetables

(Raw, 1 cup)
 Cabbage
 Celery
 Chinese cabbage**
 Cucumber
 Green Onion
 Hot Peppers
 Mushrooms
 Radishes
 Zucchini**

Salad Greens

Endive
 Escarole
 Lettuce
 Romaine
 Spinach

Sweet Substitutes

Candy, Hard, Sugar-Free
 Gelatin, Sugar-Free
 Gum, Sugar-Free
 Jam\Jelly, Sugar Free >20cal. /2 tsp
 Pancake Syrup, sugar-free (1-2 tbsp)
 Sugar Substitutes (saccharin, aspartame)
 Whipped Topping (2 tbsp)

Condiments

Ketchup (1 tbsp)
 Horseradish
 Mustard
 Pickles, dill, unsweetened
 Taco Sauce (3 tbsp)
 Vinegar

Nonstick Pan Spray

** = 3 grams or more of fiber per exchange
 * = 400 mg or more of sodium per exchange
 *^ = 400 mg or more of sodium if two or more
 exchanges are eaten