

FOOD EXCHANGE LISTS

(Exchanges should be made only within the same food group.)

FREE

*Each item contains
approximately:*

negligible
calories
1-3 tbl.

bouillon cube/broth
(low sodium)
bran, unprocessed
catsup
celery
chicory
chives

cucumber
endive
escarole
extracts (almond,
chocolate, vanilla,
mint, etc.)
garlic

FREE

herbs
horseradish
lemon/lime
lettuce—any variety,
1 cup
low-calorie salad
dressing (less than
10 cal./tbl.)

mustard
parsley
radishes
soy sauce
(low-sodium)
spices
spinach, raw, 1 cup
taco sauce/salsa

water chestnuts
vinegar
watercress
Worcestershire sauce