

FOOD EXCHANGE LISTS

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

MEAT AND MEAT EQUIVALENTS (LEAN)

LEAN MEAT/EQUIVALENTS (Exchanges are 1 ounce unless otherwise indicated.)

Each item contains approximately:

55 calories
7 grams protein
0 grams carbohydrate
3 grams fat

BEEF

flank steak
filet mignon
ground beef (<15% fat)
london broil
round roast

PORK

tenderloin
ham

POULTRY (skinless)

chicken
Cornish hen
turkey

MEAT AND MEAT EQUIVALENTS (LEAN)

LAMB/VEAL

shoulder lamb
sirloin roast lamb
veal chop
veal roast

CHEESE

diet (less than 55 cal./oz.)
grated Parmesan cheese, 2 tbl.
nonfat cottage, ¼ cup
pot, ¼ cup

SEAFOOD

white fish (snapper, swordfish),
1 oz.
oysters, 6 medium
shellfish (clams, crab, lobster,
scallops, shrimp), ½ cup
canned, 2 oz. fresh
tuna (canned in water), ¼ cup

OTHER

egg whites, 3 medium
legumes (beans/lentils), ½ cup
luncheon meats (95% fat-free),
1½ oz.

MEAT AND MEAT EQUIVALENTS (MEDIUM)

MEDIUM-FAT MEAT/EQUIVALENTS (Exchanges are 1 ounce unless otherwise indicated.)

Select from this category a maximum of 2 meals/week.

Each item contains approximately:

75 calories
7 grams protein
0 grams carbohydrate
5 grams fat

BEEF

chuck roast
ground (22% fat)
New York steak
Porterhouse steak
pot roast
sirloin tip
T-bone steak

PORK

chop
crown
cutlet
roast

MEAT AND MEAT EQUIVALENTS (MEDIUM)

LAMB/VEAL

lamb chop
lamb crown
lamb leg
lamb rib
lamb shoulder
veal cutlet

CHEESE

American spread
feta
mozzarella (part skim)
Neufchâtel (3 tbl.)
ricotta (made with part skim
milk), ¼ cup
string

SEAFOOD

mackerel
rainbow trout
salmon

OTHER

egg, 1 whole
liver
luncheon meats (86% fat-free),
1 oz.
tofu, 4 oz. (may be eaten more
than twice a week)