

# FOOD EXCHANGE LISTS

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

## MEAT AND MEAT EQUIVALENTS (HIGH-FAT)

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

This category includes most cheeses, cold cuts, frankfurters, and sausages. Limit to no more than once per month. We recommend that you avoid this category altogether until you reach maintenance.

*Each item contains approximately:*

100 calories

7 grams protein

0 grams carbohydrate

8 grams fat

### BEEF/PORK

brisket

fast-food burgers

hamburger (30% fat)

prime rib

spareribs

short ribs

sausage

## MEAT AND MEAT EQUIVALENTS (HIGH-FAT)

### PROCESSED MEATS

bologna

corned beef

frankfurters (turkey or chicken)

knockwurst

pastrami

pepperoni

salami

### CHEESE

American

bleu

Brie

Camembert

cheddar

colby

edam

fontana

Monterey Jack

Swiss