

FOOD EXCHANGE LISTS

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

FRUITS

(fresh, frozen, or packed in water or own juice)

Each item contains approximately:

60 calories

0 grams protein

15 grams carbohydrate

0 grams fat

2–3 grams fiber

apple, 1 small
applesauce, unsweetened, ½ cup
apricots, 4 medium or ½ cup
(or 7 dried halves)
banana, 1 small
berries:
blue/black, ¾ cup
boysenberries/raspberries,
1 cup
*cantaloupe, ⅓ melon or
1 cup
cherries, 12

JUICES (do not contain fiber)

apple, ½ cup
*grapefruit, ½ cup
*orange, ½ cup

FRUITS

(fresh, frozen, or packed in water or own juice)

dates, 2 medium
dried fruit, ¼ cup
figs, 2
*grapefruit, ½ or ¾ cup
grapes, 15
*guava, 1 large
honeydew, ⅛ melon or 1 cup
*kiwi fruit, 1 large
loquats, 5
mango, ½ small
nectarine, 1 small
*orange, 1 small
*papaya, ½ melon or 1 cup
peach, 1 medium or ¾ cup
pear, 1 small or ½ cup
pineapple, ¾ cup raw or
⅓ cup canned
plums, 2 medium
pomegranate, ½
prunes, 3 medium
raisins, 2 tbl.
*strawberries, 1¼ cup
*tangerines, 2 small
watermelon, 1¼ cup

pineapple, ½ cup
cranberry cocktail,
⅓ cup

grape, ⅓ cup
prune, ⅓ cup
*tomato, ¾ cup

* High in vitamin C;
use one serving daily