

What IS a Gluten Free Exchange?

D = 1 Dairy (100 calories and 12g carbs)

- 1 cup skim, 1%, rice, or light soy milk
- 1 cup unsweetened almond milk (please note this is an exception at 30-90 calories, 3g carbs)
- ½ cup (6oz) plain or sugar-free (sweetened w/ no-calorie sweetener) yogurt
- ½ cup (6oz) fat-free yogurt w/ added fruit (also count as **1S**)
- 1 small (12oz) skim latte

V = 1 Vegetable (25 calories)

- ½ cup (cooked or raw) broccoli, onions, mushrooms, summer squash, zucchini, carrots, snap pea pods, tomatoes, green beans, celery, cauliflower, peppers, cucumbers, spinach, cabbage, lettuce (and all other vegetables except no peas, potatoes or corn)
- 1 cup leafy greens (lettuce, spinach, spring mix, etc.)

S = 1 Starch (80 calories and 15g carbs)

- ½ cup potato/sweet potato (3oz), corn, peas
- ½ cup lentils/hard beans
- 1 slice or 1 oz. of whole-grain GF bread or GF tortilla (70-80 calories each)
- ⅓ cup cooked rice, quinoa, or GF pasta
- ¼ cup dry GF oatmeal OR ½ cup cooked (no sugar added) OR 1 pack low-sugar GF instant oatmeal
- ¼ large GF bagel (1oz)
- 2 plain rice cakes
- 1 cup low-sugar GF cereal (less than 4 g of sugar per serving); example-plain Cheerios®
- ½-¾ cup higher-sugar GF cereal; example-Honey Chex® or Rice Krispies®
- 1 ½ cups puffed, low-sugar GF cereal
- 3 cups air-popped popcorn
- ¼ cup GF granola (also count as **1O** fat/oil)
- ⅓ cup fat-free frozen yogurt

•Half of daily starch intake should be whole grains or starchy vegetables

F = 1 Fruit (60 calories and 15g carbs)

- ¼ cup berries
- 1 ¼ cups sliced strawberries
- 1 small banana or ½ large banana
- 2 tangerines
- 1 cup melon cubes or balls
- 1 small piece of fruit (apple, pear, orange, peach, etc)
- 17 grapes
- 10 cherries
- 1 ¼ cups watermelon
- ½ large grapefruit
- ½ cup 100% fruit juice (4oz)
- 2 Tbsp dried fruit (raisins, cranberries, etc)
- 3 dried dates or prunes

O = 1 Fat/Oil (45 calories and 5g fat)

UNSATURATED FATS

- 1 tsp oil (olive or canola best choices)
- 1 tsp of trans fat-free margarine or 1 Tbsp light butter
- 1 tsp regular mayonnaise OR 1 Tbsp low-fat mayonnaise
- 2 Tbsp low-fat salad dressing (not fat free)*
- 1 Tbsp regular salad dressing*
- 10 peanuts or pistachios
- 8 almonds or cashews; 4 walnut or pecan halves (~1 Tbsp nuts)
- 1 Tbsp seeds (sunflower, pumpkin, chia, or ground flax)
- 8 olives
- ⅙th avocado (2 Tbsp)
- ½ Tbsp peanut/nut/seed butter

SATURATED FATS

- 2 Tbsp half-in-half
- 1 Tbsp cream cheese or (1 ½ Tbsp low-fat)
- 2 Tbsp sour cream (3 Tbsp light)

*check salad dressing ingredients for wheat, rye, or barley derivatives

1 P = 1 oz meat/protein (35-55 calories and 7g protein)

LEAN MEATS (35-55 calories per ounce)

- Poultry: skinless chicken and turkey breast, ground turkey (99% lean)
- Fish: cod, flounder, salmon, haddock, halibut, trout, fresh tuna, smoked salmon, tuna (canned in water)
- Red Meat: lean cuts include round, sirloin, tenderloin, roast (rib, chuck, rump); steak (flank, T-bone or porter house)
- Pork: tenderloin, Canadian bacon (low sodium)
- Deli meat: lean (<1g fat per ounce), such as thinly sliced turkey, chicken, ham, or roast beef (low-sodium is best)
- Game: duck or venison, buffalo, ostrich
- 2 egg whites
- 1oz fat-free or low-fat hard cheese (<3g of fat per serving)
- ½ cup beans (also count as **1S**)

MEDIUM FAT MEATS (65-75 calories per ounce)

- 4oz or ½ cup light tofu
- Pork cutlet or shoulder roast
- Chicken, turkey (dark meat, no skin)
- White meat chicken or turkey with skin
- Veal (lean chop, roast)
- 1oz reduced-fat hard cheese (4-7g fat per serving)
- 1oz 80% lean ground beef, short rib, prime rib
- 1 whole egg
- ¼ cup tempeh
- ⅓ cup hummus (also count as **1S**)