

# What IS a VEGAN Exchange?

## **D = 1 Non-Dairy (100 calories and 12g carbs)**

- 1 cup rice, or light soy milk
- 1 cup almond milk (please note this is an exception at 30-90 calories and 3g carbs)
- ¾ cup (6oz) plain soy milk yogurt
- ½ cup (4oz) flavored soy milk yogurt
- ½ cup (4oz) almond or coconut milk yogurt

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

- ½ cup or 3oz or ½ medium potato/sweet potato
- ½ cup corn, or green peas
- ½ cup beans (i.e. kidney, black, white, lentils, etc.)(also count as **1P**)
- ⅓ cup cooked rice, quinoa, pasta, barley, couscous, or polenta (wild rice ½ cup)
- ¼ cup dried oats or ½ cup cooked oats OR 1 plain oatmeal packet or 1 low-sugar oatmeal packet
- 2 plain rice cakes (4" across)
- Cereal: ½ cup bran, 1 ½ cup puffed, ½ cup sugar-sweetened, or ¾ cup unsweetened
- 3 cups plain air-popped popcorn
- ¼ cup granola (also count as **1O**)
- ¼ oz crackers or ¼ oz pretzels
- 1 oz angel-food cake (1/24<sup>h</sup> cake)
- 1 Tbsp jam/jelly, sugar, or honey
- ¼ cup trail mix (also count as **1O**)

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

## **P = 1 Protein (55-105 calories, 7g protein)**

- 4 oz or (½ cup) light or regular tofu
- 2 oz (¼ cup) tempeh
- 1 Veggie burger (count as **2P** and **1S**)
- ½ cup beans (i.e. kidney, black, white, peas, lentils, etc.) (also count as **1S**)
- ¼ cup shelled edamame beans (also count as **1S**)
- ⅓ cup hummus (also count as **1S**)
- ½ scoop Pea or Rice Protein Powder

## **2 Protein and 2 Starch Protein Bar options (170-240 calories and 10-20g protein)**

- Vega One® Bar
- Luna® Bar
- Cliff Builder® Bar
- Odwalla® Super Protein Bar
- Pure Fit® Protein Bar
- The Simply Bar®

## **V = 1 Vegetable (25 calories)**

- ½ cup of cooked or raw non-starchy vegetables: carrots, green beans, or snap peas pods, broccoli, onions, mushrooms, summer squash, zucchini, tomatoes, green beans, celery, cauliflower, peppers, cucumbers, spinach, cabbage, (any non-starchy vegetables; peas, potatoes, & corn would be starches)
- 1 cup leafy greens (Swiss chard, spinach, lettuce etc.)

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

- ¾ cup berries or pineapple
- 1 ¼ cups whole strawberries
- 1 small banana or ½ large banana
- 2 small tangerines
- 1 cup melon cubes or balls
- 1 small piece of fruit or ½ large (apple, pear, orange, peach, etc.)
- 17 grapes
- 10 cherries
- 1 ¼ cups watermelon
- ½ large grapefruit
- ½ cup 100% fruit juice (4oz)
- ½ cup canned fruit or applesauce
- 2 Tbsp dried fruit (raisins, cranberries, etc.)
- 3 dried dates or prunes

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

- 1 tsp oil (olive or canola best choices)
- 2 Tbsp low-fat salad dressing
- 1 Tbsp regular salad dressing
- 10 peanuts or 16 pistachios
- 6-7 almonds or cashews; 4 walnut or pecan halves (~1 Tbsp nuts)
- 1 Tbsp seeds (sunflower, pumpkin, chia, or ground flax)
- 8 olives
- ⅓<sup>th</sup> avocado (2 Tbsp)
- ½ Tbsp peanut/nut/seed butter
- 1 Tbsp Tofutti® cream cheese or 1 ½ Tbsp low-fat Tofutti® cream cheese