

What IS a Vegetarian Exchange?

D = 1 Dairy (100 calories and 15g carbs)

- 1 cup skim, 1%, rice, or light soy milk
- 1 cup of unsweetened almond milk (please note this is an exception at 30-90 calories and 3g carbs)
- 1 cup fat-free or low-fat plain kefir
- 1 cup fat-free chocolate milk (also count as 1S)
- $\frac{1}{3}$ cup (6oz) plain or sugar-free (sweetened w/ no-calorie sweetener)
- $\frac{1}{3}$ cup (6oz) low-fat yogurt w/ added fruit (also count as 1S)
- 1 small (12oz) skim latte with or with-out sugar-free syrup

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

- $\frac{1}{2}$ of a medium potato/sweet potato (3oz)
- $\frac{1}{2}$ cup corn (or $\frac{1}{2}$ large cob) or green peas
- $\frac{1}{2}$ cup beans (i.e. kidney, black, white, lentils, etc.)(also count as 1P)
- 1 slice of bread or 1oz of bread
- $\frac{1}{3}$ cup cooked rice, quinoa, pasta, barley, couscous, or polenta
- $\frac{1}{2}$ cup wild rice
- $\frac{1}{4}$ cup dry oats ($\frac{1}{2}$ cup cooked oats) OR 1 plain oatmeal packet or 1 low-sugar oatmeal packet
- $\frac{1}{4}$ large bagel (1oz)
- 2 plain rice cakes (4" across)
- Cereal: $\frac{1}{2}$ cup bran, $1\frac{1}{2}$ cup puffed or $\frac{1}{2}$ cup sugar-sweetened, or $\frac{3}{4}$ cup unsweetened
- 3 cups air-popped popcorn
- $\frac{1}{4}$ cup granola (also count as 1O)
- $\frac{3}{4}$ oz whole-wheat crackers or pretzels
- 1 oz angel-food cake (1/24th cake)
- 1 Tbsp jam/jelly, sugar, or honey
- $\frac{1}{3}$ cup fat-free frozen yogurt
- $\frac{1}{4}$ cup trail mix (also count as 1O)

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

1 P = 1 oz protein (35-75 calories and 7g protein)

- Eggs: 2 egg whites or 1 whole egg
- $\frac{1}{4}$ cup low-fat or fat-free cottage or $\frac{1}{4}$ cup ricotta cheese
- 1oz fat-free or low-fat cheese (<3g of fat per serving)
- $\frac{1}{2}$ cup beans or lentils (also count as 1S)
- $\frac{1}{2}$ cup tofu (4oz)
- $\frac{1}{4}$ cup tempeh
- $\frac{1}{3}$ cup hummus (also count as 1S)
- Veggie burger (count as 2P & 1S)
- 2oz "beef" or "sausage" crumbles (also count as 1/2 S)
- 1 "sausage" patty
- $\frac{1}{2}$ -1 scoop whey or pea protein powder (40-50 calories & 7-10gm protein)

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

UNSATURATED FATS

- 1 tsp oil (olive or canola best choices)
- 1 tsp trans fat-free margarine or 1 Tbsp reduced-fat butter or reduced fat trans fat free margarine
- 1 tsp regular mayonnaise OR 1 Tbsp low-fat mayonnaise
- 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
- $\frac{1}{8}$ th avocado (2 Tbsp)
- $\frac{1}{2}$ Tbsp peanut/nut/seed butter
- 2 tsp tahini

SATURATED FATS

- 2 Tbsp half-in-half
- 1 Tbsp cream cheese or (1 $\frac{1}{2}$ Tbsp low-fat)
- 2 Tbsp sour cream (3 Tbsp light)

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

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

V = 1 Vegetable (25 calories)

- $\frac{1}{2}$ 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.)