

# Food Exchange Groups

The following are examples of foods within each exchange. For a complete listing, please see *The Choice Is Yours*.  
A copy of this lifestyle guide is available for purchase at [www.tops.org](http://www.tops.org). Click on TOPS Store, or, if you are a TOPS chapter member, you can order one through your chapter using form L-15 (L-15Can in Canada).

## Meat



One exchange = 35 to 100 C.

- 1 oz. chicken,\* white meat
- 2 egg whites
- 1 oz. fish
- 1 oz. tuna
- 1 oz. beef, tenderloin
- 1/4 cup cottage cheese
- 1 oz. ham
- 1 oz. chicken, dark meat
- 1/2 cup tofu
- 1 egg
- 1 oz. hard cheddar cheese

*\*remove skin  
do not fry*

## Milk



One exchange = 90 to 150 C.

- 1 cup skim milk
- 1 cup buttermilk, low-fat
- 1/2 cup evaporated skim milk
- 1/3 cup powdered milk
- 1 cup plain yogurt, nonfat, sugar-free
- 1 cup soy milk
- 3/4 cup plain yogurt low-fat, sugar-free
- 1 cup whole milk

## Fruit



One exchange = 60 C.

- 1 small apple
- 1/2 medium banana
- 3 dried prunes
- 1 medium peach
- 1 small pear
- 1/2 cup applesauce
- 3/4 cup blueberries
- 1/2 medium grapefruit \*
- 1 cup melon cubes
- 1 1/4 cups strawberries
- 1/2 cup pineapple chunks
- 4 oz. orange juice \*

*\*good source of vitamin C*

## Fat



One exchange = 45 C.

- 1 tsp margarine
- 1 tsp butter
- 1 tsp mayonnaise
- 1 tsp oil
- 1 tbsp salad dressing
- 2 tbsp sour cream
- 1 strip bacon
- 10 olives, green, stuffed
- 2 tsp peanut butter

## Bread



One exchange = 80 C.

- 1 slice bread
- 1/2 bagel
- 1 cup Cheerios
- 2/3 cup cooked oatmeal
- 1/2 cup cooked pasta
- 1/3 cup cooked rice
- 1/2 cup corn
- 1/3 cup peas/lentils/dry beans
- 5 cups unbuttered popcorn
- 1/2 medium potato
- 1 corn tortilla
- 7 animal crackers

## Vegetables



One exchange = 25 C.

- |              |             |
|--------------|-------------|
| asparagus    | eggplant    |
| bean sprouts | greens      |
| beets        | green beans |
| broccoli     | onions      |
| cabbage      | peppers     |
| carrots      | rutabaga    |
| cauliflower  | tomatoes    |
| celery       | turnips     |
- 1/2 cup cooked/1 cup raw*