



How to use the exchange lists.

These exchanges lists for starches, fruit, protein and fruit can be used to increase the variety and flexibility of the meal plan provided. The lists are made up from healthy food types in suitable portion sizes. Each meal on the eating plans provided have been awarded a certain number of exchanges. For example, if your breakfast allows 2 protein units, 2 starch units and 2 fruit units, you can select any 2 options from the lists provided.

STARCH LIST

1 Unit	Select:	ONE
Portion Size	STARCH	Measurement
	Cereals	
1/3 cup	Hi-Fiber Bran/ Shredded Bran	25 g
1/2 cup	All bran flakes	25 g
1/3 cup	Muesli, low fat (<10g sugar/ 100g)	25 g
1/2 cup	Oats, cooked	120 g
2 Tbs	Oat bran, uncooked	20 g
1 block	Wheat-Bix	
1/4 cup	ProNutro, original/ whole wheat	
	Starches	
1/2 small	Sweet potato, boiled	90 g
3 small	Baby potato, boiled	90 g
1 small	Potato, boiled	90 g
1/2 cup	Rice, brown/ basmati/ wild, cooked	65 g
1/2 cup	Pasta/ Cous Cous, cooked (durum wheat)	65 g
1/2 cup	Quinoa/ Barley/ Bulgur Wheat	65 g
1/2 large	Mealie / Corn on cob (150mm)	90 g
1/2 cup	Corn, fresh, frozen, canned	90 g
1 1/2 cups	Popcorn, air popped	25 g
	Breads & Crackers	
1 slice	Bread, rye/ health seeded/ Whole Grain	30 g
1/2 roll	Bread roll, whole grain/ seeded	30 g
1/2 small	Pita, whole wheat (150mm diameter)	40 g
1 small	Rusk, whole grain/ bran	30 g
3	Provita / fincrisp / corn Thins	
2	Ryvita	
3	Wholemeal crispbread (Crackerbread)	

FRUIT LIST - EXCHANGEABLE FOR 1 UNIT STARCH

1 Unit

Select: **ONE**

Portion Size	FRUIT LIST	Measurement
	Fresh Fruit	
1 med	Apple	150 g
3-4 med	Apricot	150 g
1 small	Banana	90 g
3/4 cup	Berries, fresh	140 g
16 med	Cherries	85 g
2 large	Figs	110 g
1 cup	Fresh Fruit Salad	140 g
1/2 large	Grapefruit	140 g
15 med	Grapes	110 g
2 med	Guava	150 g
2 med	Kiwifruit	110 g
1/2 small	Mango	110 g
1 cup	Melon, cubed	110 g
2 small	Naartjies	150 g
1 med	Nectarine	180 g
1 med	Orange	150 g
1 cup	Pawpaw	150 g
1 med	Peach	180 g
1 med	Pear	140 g
1 med	Persimmon	60 g
1 med	Pomaganate	120 g
3 slices	Pineapple (1 slice = 1/2 cm)	160 g
3 small	Plums	150 g
9 large	Litchis	120 g
10 large	Strawberries	250 g
1 crown	Watermelon (3cm)	200 g
	Canned Fruit in Juice	
1/2 cup	Apple, Apricot, Peaches, Pear, canned in juice	150 g
	Dried Fruit	
7 rings	Apples	50 g
6 halves	Apricots	30 g
3 small	Dates	30 g
2 large	Figs	40 g
3 halves	Peach	30 g
2 halves	Pears	30 g
3 med	Prunes	30 g
1 tbsp	Raisins	20 g
4-5 strips	Mango, dried	30 g
1 bar	Trufruit Bar	
	Juice	
1/2 cup	Fresh Fruit Juice (100%), All	125 ml

Give Preference to Fresh fruit over Dried or Tinned Fruit or Fruit Juice

PROTEIN LIST

1	Unit	Select:	ONE
Portion Size	PROTEIN		Amount
	Fish		
1 small	Kippers, cooked		40 g
3 med	Sardines, canned		40 g
1 med	Pilchards		75 g
½ fillet	Mackerel		40 g
½ tin	Salmon/ Tuna, canned in brine		50 g
2-3 slices	Smoked Salmon		30 g
½ fillet	Fresh Fatty Fish e.g. Salmon / Trout		40 g
1 fillet	Fish, Low Fat (Kingclip, Sole, Hake)		70 g
	Prawns (5), Calamari, Shrimp, Lobster		75 g
	Lean Proteins		
½ breast	Chicken or Turkey, Skinless, Breast		40 g
1 med	Chicken, Thigh / Drumstick		40 g
3-4 slices	Chicken/ Turkey/ Ham / Beef, shaved		40 g
½ piece	Pork/ Beef/ Lamb, lean cooked		40 g
2-3 slices	Beef, roasted, fat trimmed		30 g
2 tbsp	Beef Minced, lean cooked		30 g
3-4 strips	Biltong, lean		30 g
½ piece	Veal/ Ostrich, cooked		50 g
1 large	Egg		50 g
	Low Fat & Fat Free Dairy Products		
1 cup	Milk, fat free		250 ml
¾ cup	Yoghurt, fat free plain		175 ml / g
½ cup	Milk, low fat		125 ml / g
½ cup	Yoghurt, fat free flavoured		125 ml / g
½ cup	Yoghurt, low fat flavoured		100 ml / g
⅓ cup	Cottage cheese, fat free		80 g
¼ cup	Cottage cheese, low fat		60 g
3 slices	Reduced fat hard cheese (Mozzarella)		30 g
½ round	Hard Cheese (Feta)		30 g
	Legumes & Soya		
⅓ cup	Lentils/ Beans/ Chickpeas/ Baked Beans		70 g
4 tbsp	Humus (level)		30 ml
½ cup	Soy Milk / Yoghurt		125 ml
1 slice	Tofu, raw		80 g

FAT LIST:

1 Unit *Give Preference to Monounsaturated Fat*

Monounsaturated Fats			Polyunsaturated Fats		
Portion Size	Food Item		Portion Size	Food Item	
1 tsp	Olive Oil	5 ml	2 whole	Brazil nuts	
1 tsp	Canola Oil	5 ml	3 halves	Walnuts	
2 tsp	Vinegrette (Olive oil)	5 ml	1 tsp	Sunflower Oil	5 ml
1 tsp	Olive Oil Margarine	5 ml	1 tsp	Grapeseed Oil	5 ml
1 tsp	Canola Margarine	5 ml	1 tsp	Sesame Oil	5 ml
5 whole	Olives, all		1 tsp	Soybean Oil	5 ml
2 tsp	Pesto	10 ml	2 tsp	Vinegrette (sunflower oil)	10 ml
1/4 small	Avocado	30 g	1 tbsp	Low Fat / Oil Dressing	15 ml
2 tsp	Peanut Butter	10 ml	1 tbsp	Low Fat / Oil Mayonnaise	15 ml
5 whole	Cashew nuts		2 tbsp	Glen's Low Oil Dressing	30 ml
2 whole	Macadamia nuts		1 tsp	Margarine (Polyunsat)	5 ml
4 whole	Almonds		1 1/2 tsp	Lite Margarine	7.5 ml
10 whole	Peanuts (small)		2 tsp	Extra Lite Margarine	10 ml
4 halves	Pecan nuts		2 tsp	Sunflower Seeds	10 ml
8 whole	Hazel nuts		2 tsp	Linseeds / Flaxseeds	10 ml
9 whole	Pistachio nuts		2 tsp	Sesame Seeds	10 ml

THE FREE FOOD LIST

Those items that have no serving size specified may be eaten freely.

SPREADS

Marmite, Bovril

Fish paste

DRINKS

Bouillon or broth without fat

Cocoa powder, unsweetened (1 Tbs / day if desired)

Drink mixes / squashes, sugar-free (e.g. Diet Lecole)

Soda water & Mineral Water (not flavoured)

NON-STICK PAN SPRAY

SWEET SUBSTITUTES

Gelatine, sugar-free

Gum, sugar-free, Trident (those not containing Aspartame)

Non-nutritive sugar substitutes

(Saccharine, cyclamates, asulfame-K)

CONDIMENTS AND SEASONINGS

Curry powder

Garlic

Chilli

All Herbs

Horseradish

Lemon juice

Mustard, plain

Pepper

Pickles, dill, unsweetened

Soy sauce – may cause fluid retention

Tomato Sauce (1 Tbs)

Chutney, Sweet Chilli Sauce (2 tsp)

All Spices

Vinegar

Worcestershire sauce - may cause fluid retention