

This Meal Planning Guide is based on the Exchange System, which groups foods into categories such as starches, fruits, vegetables, milk, meats and meat substitutes, and fats. One serving in a group is called an “exchange.” An exchange has about the same amount of carbohydrates, protein, fat, and calories as a serving of every other food in that same group. So, for example, you could swap one small apple for 3/4 cup of blueberries for one fruit serving. Sometimes nutrient figures may seem to vary a bit from list to list due to rounding-off, different serving sizes, or different methods of preparation. But if you eat the specified number of servings of each group, you can be comfortable that you’ll have a diet rich in nutrients and low in fat and calories.

At first it appears a bit tedious measuring out an ounce of this and a cup of that, and with some foods it can be hard to measure or estimate an exact serving size. An inexpensive kitchen scale will come in handy. And these pictures will illustrate some helpful estimations:



The palm, not including fingers and thumb, is about 3 ounces of meat.	A fist is about 1 cup.	The thumb is about 1 tablespoon.	The thumb tip is about 1 teaspoon.
Based on woman’s hand size. Measure meats after skin, bone, and visible fat have been removed.			

Do best you can, and hope little inaccuracies average out.

Avoid snacks that are not counted in your meal plan, and avoid nibbling while preparing foods. These uncounted portions can add up to a significant number of calories, and are a frequent reason for people not to lose weight when they are otherwise following the meal guide.

For combination foods, like casseroles or dessert items, you may have to do a little research. For packaged foods, look at the nutritional label. For recipes you prepare at home, either add up the calories for all the ingredients and divide by the number of servings, perform an Internet search, or use a smartphone application. One particularly good resource is MyFitnessPal.com.

A diet that promotes weight loss is sometimes slightly deficient in some vitamins and minerals, so you should take a one-a-day type multivitamin/mineral/iron supplement. An inexpensive generic will suffice.

Initially many of these meals and servings will appear much smaller than you’re accustomed to—and that is, after all, part of the object here. To combat hunger as your appetite and serving-size perception adapt, it helps to drink a full glass of water at the start of each meal. Eat slowly; if you eat too fast, your sense of fullness doesn’t get a chance to catch up with what you’ve eaten. And make use of the free foods list—items that you can add in addition to other foods listed in your meal plan.

Exercise promotes weight loss and has numerous other health benefits; it is as close to a fountain of youth as you’ll ever find. Start slowly and work your way up. Even if all you do is walk the length of the yard, that’s fine, as long as you go one step farther tomorrow. If your weight or arthritis problems prohibit you from walking for exercise, consider walking/exercising in a swimming pool; you’ll burn a lot of calories without having to support all of your weight. Try to build up to 30 minutes of exercise daily.

On the exchange lists you’ll see several footnotes. Some of these tell you that that food selection counts as a serving from more than one group. And you’ll see two other footnotes related to sodium (salt) and fiber:

- ◆ Foods marked with ◆ contain 480 mg or more of sodium per serving. The less sodium you get, the better.
- ☺ Foods marked with ☺ contain more than 3 grams of dietary fiber per serving. The more fiber you get, the better.

References:

- The Practical Guide: Identification, Evaluation, and Treatment of Overweight and Obesity in Adults; National Institutes of Health; National Heart, Lung, and Blood Institute; North American Association for the Study of Obesity; NIH Publication Number 00-4084; October 2000.
- NIH menu planner for 1200, 1400, 1600, 1800, 2000 cal diets. <http://hp2010.nhlbihin.net/menuplanner/menu.cgi>.
- Daily Meal Planning Guide; www.LillyDiabetes.com.
- MyFitnessPal.com: Numerous online and smartphone weight management tools, including food and exercise calorie listings.
- Choose Your Foods: Exchange Lists for Diabetes; American Diabetes Association and American Dietetic Association, 2007.

1000 CALORIE MEAL PLAN

Meal	Sample Meal 1	Sample Meal 2
Breakfast		
1 Starch 1 Fruit 1 Milk	1/2 cup bran flakes 4 oz banana 8 oz 1% milk	1 slice wheat toast 2 tsp no-sugar-added jam 3/4 cup blueberries 1 cup fat-free yogurt
Lunch		
1 Starch 1 Fruit 2 Meat 1/2 Fat	1 slice wheat bread 2 oz lean sliced ham Mustard as desired Lettuce as desired 1 slice tomato 1 Tbsp reduced-fat salad dressing 1 apple	1 slice white bread 2 oz sliced turkey Mustard as desired Lettuce as desired 1 pickle 1 Tbsp reduced-fat salad dressing 1 cup sliced cantaloupe
Dinner		
1 Starch 1 Fruit 2 Vegetable 2 Meat	1 small dinner roll 1/2 cup cooked broccoli 2 oz baked chicken Salad greens as desired 1 cup raw vegetables on salad Mix 1/4 cup salsa & 2 Tbsp fat-free sour cream for salad dressing 1.25 cup whole strawberries	1/2 cup corn 1 cup green beans 2 oz grilled or broiled flank steak 3/4 cup pineapple
Snack		
1 Starch 1 Milk	3 cups popcorn, low fat/no butter 1 packet sugar-free hot cocoa, mix & water	3/4 oz pretzels 8 oz 1% milk
TOTAL DAILY SERVINGS		
4 Starch; 3 Fruit; 2 Milk; 2 Vegetables; 4 Meat; 1/2 Fat.		
<i>Notes:</i> Include any amount of zero-calorie beverages as desired, and selections from Free Foods list as suggested. If you prefer not to have a snack, roll those servings into your other meals. You may also trade servings among the different meals, as long as the total servings from each group for the day remain the same. Take a multivitamin/mineral/iron supplement daily.		

FREE FOODS

Each serving from this list has 5 grams or less of carbohydrate and less than 20 calories per serving. Eat up to 3 servings per day of the free foods with a serving size noted without counting the calories. Choices listed without a serving size noted can be eaten as much as you like. To help fight hunger and cravings spread servings of these foods throughout the day.

◆ Foods marked with ◆ contain 480 mg or more of sodium per serving. The less sodium you get, the better.

SERVING CHOICES

Low Carbohydrate Foods **Serving Size**

Cabbage, raw	1/2 cup
Gelatin, sugar-free gum	
Jam or jelly, light or no sugar added	2 tsp
Salad greens	
Sandwich vegetables (tomato, onion, pickle, etc.)	1 slice
Sugar substitutes (low calorie sweeteners)	

Drinks/Mixes **Serving Size**

◆ Bouillon, broth, consommé	
Carbonated or mineral water, club soda	
Coffee or tea	
Diet soft drinks or sugar-free drink mixes	

Modified Fats/Dairy **Serving Size**

Cream cheese, fat-free	1 Tbsp (1/2 oz)
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Creamers	
Nondairy, liquid	1 Tbsp
Nondairy, powdered	2 tsp
Salad dressing	
Fat-free or low-fat	1 Tbsp
Fat-free Italian	2 Tbsp
Sour cream, fat-free	2 Tbsp
Yogurt, fat-free	2 Tbsp

Condiments **Serving Size**

Barbecue sauce	2 tsp
Catsup (ketchup)	1 Tbsp
Mustard	

◆ Pickles, dill	1.5 medium
Salsa	1/4 cup
Taco sauce	1 Tbsp
Vinegar	

Seasons **Serving Size**

Flavoring extracts	
Garlic	
Herbs, fresh or dried	
Nonstick cooking spray	
Spices	
Worcestershire sauce	

STARCH

Each serving from this list contains 15 grams carbohydrate, 0-3 grams protein, 0-1 gram fat, and 80 calories. Many foods from this group also give you fiber, vitamins, and minerals. Prepare and eat starchy foods with as little added fat as possible. Choose whole grain starches as often as you can.

In general, a single serving of starch is:

- 1/2 cup of cooked cereal, grain, or starchy vegetable.
- 1/3 cup of cooked rice or pasta.
- 1 oz of a bread product such as 1 slice of whole wheat bread.
- 3/4 to 1 oz of most snack foods (some snack foods may also have extra fat).

△ Foods marked with △ should be counted as 1 starch + 1 fat serving.

▶ Foods marked with ▶ should be counted as 1 starch + 1 meat serving.

⊙ Foods marked with ⊙ contain more than 3 grams of dietary fiber per serving. The more fiber you get, the better.

SERVING CHOICES

Bread	Serving Size	Starchy Vegetables	Serving Size	Graham cracker, 2.5" square	3
Bagel, large (about 4 oz)	1/4 (1 oz)	Corn, cooked	1/2 cup	Popcorn	
△ Biscuit, 2.5" wide	1	Corn on cob, large	1/2 cob (5 oz)	△ ⊙ With butter	3 cups
Bread (white/wheat/rye)	1 slice (1 oz)	⊙ Hominy, canned	3/4 cup	⊙ Low fat or no fat added	3 cups
△ Cornbread, 1.75" cube	(1 1/2 oz)	⊙ Peas, green, cooked	1/2 cup	Pretzels	3/4 oz
English muffin	1/2	Plantain, ripe	1/3 cup	Snack chips (tortilla chips, potato chips)	
Hot dog or hamburger bun	1/2 (1 oz)	Potato		Fat-free or baked	15-20 (3/4 oz)
Pancake, 4" wide, 1/4" thick	1	Baked with skin	1/4 large (3 oz)	△ Regular	9-13 (3/4 oz)
Pita pocket bread (6" across)	1/2	Boiled	1/2 cup or 1/2 medium (3 oz)		
Roll, plain, small	1 (1 oz)	△ Mashed with milk and fat	1/2 cup	Beans, Peas and Lentils	Serving Size
Tortilla, corn or flour (6" across)	1	French fried (oven-baked)	1 cup (2 oz)	Beans, peas and lentils are also found on the	
△ Waffle, 4" square or round	1	Spaghetti/pasta sauce	1/2 cup	Meat list. These servings contain 7 grams of	
		⊙ Squash, winter (acorn, butternut)	1 cup	protein.	
Cereals and Grains	Serving Size	Yam/sweet potato, plain	1/2 cup	▶ ⊙ Baked beans	1/3 cup
Cereals, cooked (oats, oatmeal)	1/2 cup			▶ ⊙ Beans/lentils, cooked (black,	
Cereals, unsweetened, ready-to-eat	3/4 cup	Crackers and Snacks	Serving Size	garbanzo, kidney, lima, navy, pinto)	1/2 cup
Granola, low-fat	1/4 cup	Crackers		▶ ⊙ Peas, cooked	1/2 cup
Pasta, cooked	1/3 cup	△ Round, butter-type	6		
Rice, white or brown, cooked	1/3 cup	Saltines	6		

FRUITS

Each serving from this list contains 15 grams carbohydrate, 0 grams fat, 0 grams protein, and 60 calories. Fruits are good sources of fiber, regardless if they are fresh, frozen, or dried. Fruit juices contain very little fiber; choose fruits instead of juices whenever possible. When using canned fruit, choose fruit packed in its own juice or light syrup.

In general, a single serving of fruit is:

- 1/2 cup of canned or fresh fruit or unsweetened fruit juice.
- 1 small fresh fruit (4 oz).
- 2 tablespoons of dried fruit.

⊙ Foods marked with ⊙ contain more than 3 grams of dietary fiber per serving. The more fiber you get, the better.

SERVING CHOICES

Fruit	Serving Size	Dried fruits (blueberries, cherries, cranberries, mixed fruit, raisins)	Serving Size	Pears (fresh, large)	1/2 (4 oz)
Apple, unpeeled, small	1 (4 oz)	Grapefruit, large	1/2 (11 oz)	Pineapple (fresh)	3/4 cup
Applesauce, unsweetened	1/2 cup	Grapes, small	17 (3 oz)	Plums	
Banana, extra small	1 (4 oz)	Guava	1/2 cup	Small fresh	2 (5 oz)
Berries		⊙ Kiwi	1 (3 1/2 oz)	Dried (prunes)	3
⊙ Blackberries	3/4 cup	Mandarin oranges, canned	3/4 cup	Watermelon	1 slice
Blueberries	3/4 cup	Mango, small	1/2 fruit (5.5 oz) or 1/2 cup	or 1.25 cups cubes (13.5 oz)	
⊙ Raspberries	1 cup	⊙ Orange, small	1 (6 1/2 oz)		
⊙ Strawberries	1.25 cup whole berries	Papaya	1/2 fruit or 1 cup cubed (8 oz)	Fruit Juice	Serving Size
Cantaloupe, small	1/3 melon	Passion fruit	1/4 cup	Apple, grapefruit, orange, pineapple	1/2 cup
or 1 cup cubed (11 oz)		Peaches (fresh, medium)	1 (6 oz)	Grape, prune, and 100% fruit juice	
Cherries, sweet fresh	12 (3 oz)			blends	1/3 cup

VEGETABLES, NONSTARCHY

Each serving from this list contains 5 grams carbohydrate, 2 grams protein, and 25 calories. Vegetables provide a lot of nutrients and food bulk without a large calorie load. Choose a variety of vegetables to benefit from their important vitamins and minerals. When using canned vegetables, choose no-salt-added versions or rinse regular canned vegetables.

In general, a single serving of a nonstarchy vegetable is:

- 1/2 cup of cooked vegetables or vegetable juice.
 - 1 cup of raw vegetables.
- ◆ Foods marked with ◆ contain 480 mg or more of sodium per serving. The less sodium you get, the better.
 ☺ Foods marked with ☺ contain more than 3 grams of dietary fiber per serving. The more fiber you get, the better.

SERVING CHOICES

Beans (green, wax, Italian) Bean sprouts Broccoli Cabbage (green, bok choy, Chinese) ☺ Carrots Cauliflower Celery Cucumber	Eggplant Greens (collard, kale, mustard, turnip) Mushrooms, all kinds, fresh Okra Onions Pea pods ☺ Peppers (all varieties) Radishes	◆ Sauerkraut Spinach Squash (summer, crookneck, zucchini) Tomatoes, fresh and canned ◆ Tomato sauce ◆ Tomato/vegetable juice Water chestnuts
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MEAT AND MEAT SUBSTITUTES

Meat and meat substitutes are rich in protein, but that often comes at the cost of a lot of fat. Whenever possible, choose lean meats. Portion sizes on this list are based on cooked weight, after bone and fat have been removed. Serving sizes vary as listed below.

- † Foods marked with † should be counted as 1 meat + 1/2 fat serving.
- ‡ Foods marked with ‡ should be counted as 1 meat + 1 fat serving.
- ▶ Foods marked with ▶ should be counted as 1 starch + 1 meat serving.
- ◆ Foods marked with ◆ contain 480 mg or more of sodium per serving. The less sodium you get, the better.

SERVING CHOICES

Lean Meats and Meat Substitutes

Each serving from this list contains 0 grams carbohydrate, 7 grams protein, 0-3 grams fat, and 45 calories.

	Serving Size
Beef, Select or Choice grades— Ground round, roast (chuck, rib, rump), round, sirloin, steak (cubed, flank, porterhouse, T-bone), tenderloin	1 oz
Cheeses with ≤ 3 grams of fat per oz	1 oz
Cottage cheese	1/4 cup
Egg whites	2
Fish, fresh or frozen, plain: catfish, cod, flounder, haddock, halibut, orange roughy, salmon, tilapia, trout, tuna	1 oz
Hot dog with ≤ 3 grams of fat per oz	1
Pork, lean—Canadian bacon, rib or loin chip/roast, ham, tenderloin	1 oz
Poultry, without skin	1 oz
Processed sandwich meats with ≤ 3 grams of fat per oz	1 oz
Tuna, canned in water or oil, drained	1 oz

Medium-Fat Meats and Meat Substitutes

Each serving from this list contains 0 grams carbohydrate, 7 grams protein, 4-7 grams fat, and 75 calories.

	Serving Size
† Beef—Corned beef, ground beef, meatloaf, prime grades trimmed of fat (prime rib)	1 oz
† Cheeses with 4-7 grams of fat per oz— Feta, mozzarella, pasteurized processed cheese spread, reduced-fat cheeses, string cheese	1 oz
† Egg	1
† Fish, any fried product	1 oz
† Pork, cutlet, shoulder roast	1 oz
† Poultry, with skin or fried	1 oz
† Ricotta cheese	2 oz or 1/4 cup
† ◆ Sausage with 4-7 grams of fat per oz	1 oz

High-Fat Meats and Meat Substitutes

Each serving from this list contains 0 grams carbohydrate, 7 grams protein, 8+ grams fat, and 100 calories.

	Serving Size
‡ ◆ Bacon, pork	2 slices
‡ ◆ Bacon, turkey	3 slices
‡ ◆ Hot dog—Beef, pork, or combination	1
‡ Pork sparerib	1 oz

‡ Processed sandwich meats with 8 grams of fat or more per oz— Bologna, pastrami, hard salami	1 oz
‡ ◆ Sausage with 8 grams fat or more per oz—Bratwurst, chorizo, Italian, knockwurst, Polish, smoked summer	1 oz
‡ Cheese, regular—American, bleu, brie, cheddar, hard goat, Monterey jack, queso, and Swiss	1 oz

Plant-Based Proteins

Each serving from this list contains approximately 6-7 grams protein, and 80-100 calories. Beans, peas and lentils are also found on the Starch list. Nut butters are found in smaller amounts on the Fats list.

	Serving Size
▶ ☺ Baked beans	1/3 cup
▶ ☺ Beans/lentils, cooked (black, garbanzo, kidney, lima, navy, pinto)	1/2 cup
▶ ☺ Peas, cooked	1/2 cup
‡ ☺ Hummus	1/4 cup
‡ Nut spreads—Almond butter, cashew butter, peanut butter, soy nut butter	1 Tbsp
‡ Tempeh	1/4 cup
‡ Tofu	4 oz (1/2 cup)

MILK

Milk and yogurt are rich in calcium and protein. Choose fat-free, low-fat, and reduced-fat varieties as often as possible. (Cheese products are found under MEAT AND MEAT SUBSTITUTES.)

Serving sizes of these items varies as listed below.

SERVING CHOICES

Fat-Free (skim) or Low-Fat (1%) Milk and Yogurt

Each serving from this list contains 12 grams carbohydrate, 8 grams protein, 0-3 grams fat and 100 calories.

	Serving Size
Milk, buttermilk, acidophilus milk,	
Lactaid	1 cup
Evaporated milk	1/2 cup
Yogurt, low-fat, plain or flavored with	
a low calorie sweetener	2/3 cup
Yogurt, fat-free, plain or flavored with	
a low calorie sweetener	1 cup
Hot cocoa mix, sugar-free	1 envelope

Reduced-Fat (2%) Milk and Yogurt

Each serving from this list contains 12 grams carbohydrate, 8 grams protein, 5 grams fat and 120 calories.

	Serving Size
Milk, acidophilus milk, Lactaid	1 cup
Yogurt, plain	2/3 cup (6 oz)

Whole Milk and Yogurt

Each serving from this list contains 6 grams carbohydrate, 4 grams protein, 4 grams fat and 80 calories.

	Serving Size
Milk, buttermilk, goat's milk	1/2 cup
Evaporated milk	1/4 cup
Yogurt, plain	4 oz

Dairy-Like Foods

Exact nutrient proportions vary, but these may be considered as milk substitutes containing approximately 100 calories.

	Serving Size
Smoothies, flavored, regular	10 oz
Soy milk, regular, plain	1 cup
Yogurt-juice blends, low-fat	1 cup
Yogurt-fruit blends, low-fat	2/3 cup (6 oz)

FATS

Each serving from this list contains 0 grams carbohydrate, 0 grams protein, 5 grams fat, and 45 calories. Monounsaturated and polyunsaturated fats are more heart-healthy; select them whenever possible.

In general, a single serving of fat is:

- 1 teaspoon of regular margarine, vegetable oil or butter.
- 1 tablespoon of regular salad dressing.

SERVING CHOICES

Monounsaturated Fats

	Serving Size
Avocado, medium	2 Tbsp (1 oz)
Nut butters (trans-fat free)	1.5 tsp
Nuts	
Almonds, cashews	6 nuts
Macadamia	3 nuts
Peanuts	10 nuts
Pecans	4 halves
Oil—Canola, olive, peanut	1 tsp
Olives, black (ripe)	8 large
Olives, green (stuffed)	10 large

Polyunsaturated Fats

	Serving Size
Margarine	
Lower-fat spread	1 Tbsp
Stick, tub or squeeze	1 tsp
Mayonnaise	
Reduced-fat	1 Tbsp
Regular	1 tsp
Oil—Corn, cottonseed, flaxseed,	
grape seed, safflower, soybean,	
sunflower	1 tsp
Salad dressing	
Reduced-fat	2 Tbsp
Regular	1 Tbsp

Saturated Fats

	Serving Size
Butter, stick	1 tsp
Cream, half and half	2 Tbsp
Cream cheese	
Reduced-fat	1.5 Tbsp (3/4 oz)
Regular	1 Tbsp (1/2 oz)
Sour cream	
Reduced-fat or light	3 Tbsp
Regular	2 Tbsp

COMBINATION FOODS

Combination foods contain items from more than one food list. While this prevents them from being a simple substitution with other items listed here, with the help of the package label, online resources, smartphone apps, or a dietician, they can be incorporated into your meal plan. The ratio of various components can become confusing when trying to match these foods to items on simple food exchange lists. When in doubt, let calories be the deciding factor. But also note the food group exchanges listed. Each of these items count as a serving of multiple groups, so you'll probably get a smaller total amount of food to eat whenever you choose these foods.

Obviously, there are too many possibilities to list here, and calorie counts vary broadly by brand or recipe, but some representative examples are given.

◆ Foods marked with ◆ contain 480 mg or more of sodium per serving. The less sodium you get, the better. Many pre-packaged combination foods are high in sodium unless they are specifically marked "low sodium."

SERVING CHOICES

Casseroles/Single-Dish	Serving Size	Soups	Serving Size	Miscellaneous	Serving Size
Lasagna, frozen single-serving	1	Chicken noodle soup, canned	1 cup	Burrito, frozen, beef and bean	1
◆ Count as 2 starch, 2 meat, 2 fat	(340 cal)	◆ Count as 1 starch, 1 meat	(120 cal)	◆ Count as 2 starch, 1 meat, 2 fat	(290 cal)
Macaroni and cheese, boxed, prepared with skim milk	1 cup	Chili with beans, canned	1 cup	Pizza, frozen, 12"	1/8 pizza
◆ Count as 3 starch, 1 milk	(300 cal)	◆ Count as 2 starch, 1 meat, 1 fat	(250 cal)	◆ Count as 2 starch, 1 meat, 1 fat	(240 cal)
Tuna noodle casserole	1 cup	Tomato soup, canned	1 cup	Taco, hard with cheese	1
◆ Count as 2 starch, 2 meat, 1 fat	(300 cal)	◆ Count as 2 starch, 1 vegetable	(180 cal)	◆ Count as 1 starch, 1 meat, 1 fat	(170 cal)

SWEETS AND DESSERTS

Many sweets and desserts are also combination foods, containing items from more than one food list, but since people think of them differently from entrees, it is helpful to list them separately. As with other combination foods, it is hard to directly swap them with other items on these substitution lists, so you'll need to turn to the package label, online resources, smartphone apps, or a dietician for guidance. If you have difficulty matching nutritional components to the food lists above, let calories be your guide to determine how they can fit into your daily meal plan. But also note the food group exchanges listed. Each of these items count as a serving of multiple groups, so you'll probably get a smaller total amount of food to eat whenever you choose these foods.

Obviously, there are too many possibilities to list here, and calorie counts vary broadly by brand or recipe, but some representative examples are given.

SERVING CHOICES

Food	Serving Size				
Brownie, unfrosted	1.25" square (1 oz)	Count as 2 starch	(160 cal)	Pudding, regular	1/2 cup
Count as 1 starch, 1 fat	(110 cal)	Fruit juice bars, frozen	1 bar (3 oz)	(made with reduced-fat milk)	
Cake, frosted	2" square (1 oz)	Count as 1 starch	(80 cal)	Count as 2 starch	(150 cal)
Count as 2 starch, 1 fat	(105 cal)	Gelatin, regular	1/2 cup	Pudding, sugar and fat-free	1/2 cup
Cake, frosted	2" square (1 oz)	Count as 1 starch	(80 cal)	(made with fat-free milk)	
Count as 1 starch, 1 fat	(75 cal)	Granola or snack bar	1 bar (1 oz)	Count as 1 starch	(80 cal)
Candy bar, chocolate/peanut	2 "fun size" (1 oz)	Count as 1.5 starch	(120 cal)	Sugar	1 Tbsp
Count as 1.5 starch, 1.5 fat	(160 cal)	Hot cocoa mix, regular	1 envelope	Count as 1/2 starch	(45 cal)
Candy, hard	3 pieces	Count as 1 starch, 1 fat	(120 cal)	Syrup, regular pancake	1/4 cup
Count as 1 starch	(70 cal)	Ice cream, light no sugar added	1/2 cup	Count as 2.5 starch	(210 cal)
Cookies, chocolate chip, 2.25"	2	Count as 1 starch, 1 fat	(110 cal)	Syrup, regular pancake	2 TBSP
Count as 1 starch, 2 fat	(170 cal)	Ice cream, regular	1/2 cup	Count as 1.5 starch	(105 cal)
Cookies, vanilla wafer	5	Count as 1 starch, 2 fat	(150 cal)	Syrup, light pancake	1/4 cup
Count as 1 starch, 1 fat	(110 cal)	Jam or jelly, regular	1 Tbsp	Count as 1 starch	(100 cal)
Doughnut, cake, plain	1 medium (1.5 oz)	Count as 1 starch	(50 cal)	Syrup, light pancake	2 TBSP
Count as 1.5 starch, 2 fat	(210 cal)	Muffin, blueberry (8-muffin mix)	1	Count as 1/2 starch	(50 cal)
Flan (caramel custard)	1/2 cup	Count as 2 starch, 2 fat	(240 cal)	Yogurt, frozen, fat-free	1/2 cup
		Pie, fruit, 2 crust	1/8 of 9" pie	Count as 1 milk	(90 cal)
		Count as 3 starch, 2 fat	(320 cal)		

ALCOHOL

If you choose to drink alcohol, do not exceed 1 drink per day for females or 2 drinks per day for males. In general, 1 serving of alcohol is 100 calories, so you will need to reduce your daily food intake by this amount. This approximately 1 starch plus 1/2 fruit or 1 vegetable.

1 serving alcohol = 12 oz beer = 1.5 oz distilled spirits = 5 oz wine.