

Daily meal guide

Discuss this guide with your dietitian
Snacks may not be needed

BREAKFAST _____ exchange(s)

SNACK _____ exchange(s)

LUNCH _____ exchange(s)

SNACK _____ exchange(s)

DINNER _____ exchange(s)

SNACK _____ exchange(s)

Introducing 15g exchanges

The foods below have approximately
15 grams carb = 1 carb exchange

Dairy (except cheese/cream)



1 cup (250ml)
milk



½ tub (100g)
fruit/flavoured yoghurt



1 tub (200g)
'diet' or natural yoghurt



½ cup
low-fat custard

Fruit



1 medium
apple/orange/pear



¾ cup (150ml)
fruit juice



3 apricots



1 small
banana



15 grapes



1 cup
fresh fruit salad

Starchy vegetables and legumes



1 medium (150g) potato/
½ cup mashed



100g sweet potato



½ cup corn kernels/
1 medium cob



½ cup baked beans/
kidney beans

Breads, cereals and grains



1 slice bread/
½ bread roll



¾ cup muesli/
½ cup flaky cereal



1½ wheat
biscuits



¾ cup
cooked rice



¾ cup
cooked pasta



4 medium
wheat crackers/
10 rice crackers