

**Exchange Group 1 – Proteins (Healthy)**

| Measure    | Description                        | Calories |
|------------|------------------------------------|----------|
| 4 ounce(s) | Atlantic salmon - broiled, grilled | 233.32   |
| 4 ounce(s) | Chicken Breast / White Meat        | 187      |
| 4 ounce(s) | Clams, boiled                      | 168      |
| 4 ounce(s) | Cod - Pacific, broiled             | 118.64   |
| ½ cup      | Egg Beaters - Fleischmann's        | 50       |
| 4 each     | Egg Whites - scrambled/boiled      | 68       |
| 1 each     | Egg whole w/ yolk                  | 90       |
| 4 ounce(s) | Halibut - broiled                  | 159      |
| 4 ounce(s) | Lobster -northern, boiled          | 111      |
| 4 medium   | Oyster - med., moist heat cooked   | 164      |
| 4 ounce(s) | Salmon - broiled                   | 233.32   |
| 4 ounce(s) | Scallops - measured raw            | 100      |
| 4 ounce(s) | Shrimp - boiled or steamed         | 149.32   |
| 4 ounce(s) | Swordfish - cooked dry heat        | 176      |
| ½ cup      | Tuna Solid White in water          | 140      |
| 4 ounce(s) | Turkey Breast / White Meat         | 153      |
| 4 ounce(s) | Whitefish - dry heat cooked        | 194.68   |

**Exchange Group 2 – Carbohydrates, Starchy (Healthy)**

| Measure    | Description                           | Calories |
|------------|---------------------------------------|----------|
| 1 each     | Bagel/Lenders                         | 150      |
| 1 cup      | Brown Rice - cooked                   | 220      |
| ½ cup      | Grits - Quaker Quick measure uncooked | 260      |
| 4 ounce(s) | Hash browns - frozen, pan cooked      | 93.2     |
| ½ cup      | Oatmeal -Quick, measured uncooked     | 140      |
| 6 ounce(s) | Potato/White - Baked                  | 178.5    |
| 1 cup      | Rice/White Steamed - Cooked           | 164      |
| 20 gram(s) | Risotto                               | 70       |
| 1 each     | Tortilla - corn, soft, 7" diam.       | 45       |
| 1 cup      | Yam -baked or boiled                  | 158      |

**Exchange Group 3 – Carbohydrates, Fibrous (Healthy)**

| Measure    | Description                           | Calories |
|------------|---------------------------------------|----------|
| 1 cup      | Asparagus/ Fresh - Boiled             | 44       |
| 1 spear    | Broccoli                              | 42       |
| 1 each     | Carrot - raw medium                   | 6        |
| 1 each     | Celery - raw stalk trimmed            | 10       |
| 1 each     | Corn - sweet ear, boiled, drained     | 83       |
| 4 ounce(s) | Green beans - string boiled & drained | 40       |
| 1 large    | Salad - lrg. garden w/tomato & onion  | 98       |
| 1 medium   | Salad - med. garden w/tomato, onion   | 73.5     |
| 1 small    | Salad - sm. garden w/tomato, onion    | 49       |
| 1 leaf     | Salad - small, plain                  | 3        |

**Exchange Group 4 – Beans, Lentils**

| Measure    | Description             | Calories |
|------------|-------------------------|----------|
| 1 cup      | beans,baked,            | 382.03   |
| 1 cup      | beans, vegetarian       | 236.22   |
| 1 cup      | beans,kidney,all types, | 224.79   |
| 1 cup      | beans,navy,             | 258.44   |
| 1 ounce(s) | Black beans - boiled    | 37.5     |
| 1 cup      | chickpeas               | 285.6    |
| 1 cup      | chili with beans,canned | 286.72   |

# **DietMaster Pro™** Weight Management System Exchange List

|              |                     |        |
|--------------|---------------------|--------|
| 1 ounce(s)   | Garbanzo - boiled   | 46.5   |
| 1 cup        | lentils             | 229.68 |
| 1 cup        | lima bns            | 190.39 |
| 1 cup        | peas,split          | 231.28 |
| 1 cup        | Pinto bean - boiled | 232    |
| 1 cup        | soybeans,           | 297.56 |
| 1 cubic inch | tofu,raw,regular    | 13.38  |

## **Exchange Group 5 – Dairy**

| Measure            | Description                                     | Calories |
|--------------------|-------------------------------------------------|----------|
|                    |                                                 |          |
| 1 tablespoon       | butter,without salt                             | 101.81   |
| 1 ounce(s)         | Cheddar, mild shredded                          | 80       |
| 1 cup              | Cheese - Healthy Choice fat free shredded       | 180      |
| 1 each             | Cheese - Kraft Free slice                       | 30       |
| 1 cup              | cheese,cottage,1% fat                           | 163.62   |
| 1 cup (not packed) | cheese,cottage,2% fat                           | 202.68   |
| 1 cubic inch       | cheese,lofat,cheddar or colby                   | 29.93    |
| 1 cubic inch       | cheese,low-sodium,cheddar or colby              | 68.85    |
| 1 oz               | cheese,mozzarella,part skim milk                | 72.08    |
| 1 cubic inch       | cheese,muenster                                 | 64.46    |
| 1 tablespoon       | cheese,parmesan,grated                          | 22.79    |
| 1 cubic inch       | cheese,provolone                                | 59.75    |
| 1 cubic inch       | cheese,swiss                                    | 56.36    |
| 1 ounce(s)         | Cream Cheese, fat free,Healthy Choice           | 30       |
| 1 ounce(s)         | Cream Cheese, Free, Phili brand                 | 25       |
| 1 ounce(s)         | Cream Cheese, Light, Phili brand                | 60       |
| 1 tablespoon       | cream,sour half&half,cultured                   | 20.18    |
| 1 cup              | egg substitute,liquid                           | 210.98   |
| 0.35 oz            | egg substitute,powder                           | 43.92    |
| 1 cup              | Milk - 1%                                       | 50       |
| 1 cup              | Milk - 2%                                       | 120      |
| 1 cup              | Milk - skim, no fat                             | 80       |
| 1 cup              | Milk - whole                                    | 150      |
| 6 ounce(s)         | Yogurt - Dannon, Extra Smooth, all flavors      | 177.27   |
| 6 ounce(s)         | Yogurt - Dannon, fat free, blended, all flavors | 160      |
| 6 ounce(s)         | Yogurt - Dannon, Fruit on the Bottom, all flav. | 172.5    |
| 6 ounce(s)         | Yogurt - Yoplait, fat free, all flavors         | 150      |
| 6 ounce(s)         | Yogurt - Yoplait, Light, all flavors            | 90       |

## **Exchange Group 6 – Vegetables**

| Measure                               | Description                                       | Calories |
|---------------------------------------|---------------------------------------------------|----------|
|                                       |                                                   |          |
| 1 medium artichoke                    | artichokes,(globe or french),ckd,bld,drnd,wo/salt | 60       |
| 1/2 cup                               | asparagus,ckd,bld,drnd                            | 21.6     |
| 1 large spear (7-1/4" to 8-1/2" long) | asparagus,raw                                     | 4.6      |
| 1/2 cup, 1 in pieces                  | beet greens,raw                                   | 3.61     |
| 1/2 cup, 1 in pieces                  | beet grns,ckd,bld,drnd,wo/salt                    | 19.44    |
| 1/2 cup slices                        | beets,ckd,bld,drnd                                | 37.4     |
| 1 beet (2" dia)                       | beets,raw                                         | 35.26    |
| 1 large stalk (11" - 12" long)        | broccoli,ckd,bld,drnd,wo/salt                     | 78.4     |
| 1 sprout                              | brussels sprouts,ckd,bld,drnd,wo/salt             | 8.19     |
| 1 leaf                                | cabbage,chinese (pak-choi),raw                    | 1.82     |
| 1/2 cup shredded                      | cabbage,ckd,bld,drnd,wo/salt                      | 16.5     |
| each                                  | Carrot - raw, medium                              | 6        |
| 1 carrot                              | carrots,ckd,bld,drnd,wo/salt                      | 20.7     |
| 1/2 cup, (1" pieces)                  | cauliflower,ckd,bld,drnd,wo/salt                  | 14.26    |
| 1 each                                | Celery - raw stalk, trimmed                       | 10       |
| 1/2 cup                               | coleslaw                                          | 41.4     |

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|                                      |                                                    |        |
|--------------------------------------|----------------------------------------------------|--------|
| 1 cup                                | Corn - cut off cob, boiled                         | 132    |
| 1 medium ear (6-3/4" to 7-1/2" long) | corn,sweet,yellow,raw                              | 77.4   |
| 1 baby ear                           | corn,swt,yel,ckd,bld,drnd,wo/salt                  | 8.64   |
| 1 cup                                | Cucumber - raw, slices                             | 14     |
| 1 cup, (1" cubes)                    | eggplant,ckd,bld,drnd,wo/salt                      | 27.72  |
| 1 ounce(s)                           | Green beans - string, boiled & drained             | 10     |
| 1 each                               | jalapenos                                          | 15     |
| 1 leek                               | leeks,(bulb&lower leaf-portion),ckd,bld,drnd,wo/sa | 38.44  |
| 1 cup, shredded or chopped           | lettuce,butterhead (incl boston&bibb types),raw    | 7.15   |
| 1 cup, shredded or chopped           | lettuce,iceberg (incl crisphead types),raw         | 6.6    |
| 1 leaf                               | lettuce,looseleaf,raw                              | 1.8    |
| 1 cup, pieces                        | mushrooms,ckd,bld,drnd,wo/salt                     | 42.12  |
| 1 cup, pieces or slices              | mushrooms,raw                                      | 17.5   |
| 1 cup (pieces)                       | mushrooms,shiitake,ckd,wo/salt                     | 79.75  |
| 1 mushroom                           | mushrooms,shiitake,dried                           | 10.66  |
| 1 cup, chopped                       | mustard greens,raw                                 | 14.56  |
| 1 cup, chopped                       | mustard grns,ckd,bld,drnd,wo/salt                  | 21     |
| 1/2 cup slices                       | okra,ckd,bld,drnd,wo/salt                          | 25.6   |
| 1 package (10 oz)                    | okra,frozen,unprepared                             | 85.2   |
| 1 package (10 oz) yields             | okra,frz,ckd,bld,drnd,wo/salt                      | 94.35  |
| 1 cup                                | okra,raw                                           | 38     |
| tablespoon                           | Onion - chopped                                    | 4      |
| 1 cup                                | parsley,raw                                        | 21.6   |
| 1 parsnip, (9" long)                 | parsnips,ckd,bld,drnd,wo/salt                      | 129.6  |
| 1 cup, slices                        | parsnips,raw                                       | 99.75  |
| 1 cup                                | Peas - green, canned, Green Giant                  | 100    |
| 1 cup                                | Peas - green, fresh, boiled                        | 134    |
| 1 cup                                | Peas - snap, Green Giant, Harvet Fresh             | 60     |
| 1 cup                                | Peas & carrots - frozen, boiled                    | 76     |
| 1 cup                                | Pepper - sweet bell, all colors, chopped,          | 38     |
| 1 each                               | Pepper/Red or Green                                | 80     |
| 1 cup                                | potato salad                                       | 357.5  |
| Yield, 1/6 of 5.5 oz package         | potatoes,au gratin,dry mix,prep w/h20,whl milk&but | 127.41 |
| 1 potato, (2-1/3" x 4-3/4")          | potatoes,bkd,flesh,wo/salt                         | 145.08 |
| 1 potato, (2-1/2" dia, sphere)       | potatoes,bld,ckd in skn,flesh,wo/salt              | 118.32 |
| 1 potato, (2-1/2" dia, sphere)       | potatoes,bld,ckd wo/skn,flesh,wo/salt              | 116.1  |
| 1 cup                                | potatoes,hashed brown,home-prepared                | 326.04 |
| 1 package (5.5 oz)                   | potatoes,scalld, dry mix,unprep                    | 558.48 |
| 1 cup, slices                        | radishes,raw                                       | 19.72  |
| 1 cup                                | Spinach - boiled, drained                          | 42     |
| 1 cup                                | Split peas - boiled                                | 268    |
| 1 cup, mashed                        | sweetpotato,ckd,bld,wo/skn,wo/salt                 | 344.4  |
| 1 cup, cubes                         | sweetpotato,raw                                    | 139.65 |
| 1 ounce(s)                           | Tater Tots - frozen, microwave                     | 50     |
| 1 cup                                | tomato juc,cnd,w/salt                              | 41.31  |
| 1 cup                                | tomatoes,red,ripe,ckd,bld,wo/salt                  | 64.8   |
| 1 cherry                             | tomatoes,red,ripe,raw,year rnd average             | 3.57   |
| 1 cup, cubes                         | turnips,raw                                        | 35.1   |
| 1 cup                                | vegetable juc cocktail,cnd                         | 45.98  |
| 1/2 cup                              | vegetables,mxd,frz,ckd,bld,drnd,wo/salt            | 53.69  |
| 1/2 cup slices                       | waterchestnuts,chinese,(matai),raw                 | 65.72  |
| 1 cup, chopped                       | watercress,raw                                     | 3.74   |
| 1 cup, cubes                         | yam,raw                                            | 177    |
| 1 medium                             | Zucchini - baby, raw                               | 2      |

## Exchange Group 7 – Fruits

# ***DietMaster Pro***™ Weight Management System Exchange List

| Measure                     | Description                            | Calories |
|-----------------------------|----------------------------------------|----------|
| 1 each                      | Apple - medium with peel               | 81       |
| 1 cup                       | apple juc,cnd or btld,unswtnd,w/ vit c | 116.56   |
| 1 cup                       | applesauce,cnd,swtnd,w/salt            | 193.8    |
| 1 apricot                   | apricots,raw                           | 16.8     |
| 1 cup                       | Avocado - pureed                       | 370      |
| 1 cup, pureed               | avocados,raw,california                | 407.1    |
| 1 each                      | Banana - med 8"                        | 105      |
| 1 cup                       | blackberries,raw                       | 74.88    |
| 1 cup                       | boysenberries,frz,unswtnd              | 66       |
| 1 each                      | Cantaloupe – muskmelon 5"              | 186      |
| each                        | Cherries, sweet, medium                | 4.9      |
| 1 cup                       | cranberry sau,cnd,swtnd                | 418.27   |
| 1 cup, pitted, chopped      | dates,domestic,nat&dry                 | 489.5    |
| 1 each                      | Grapefruit - pink or red 4" diam.      | 92       |
| 1 cup                       | grapefruit juc,cnd,swtnd               | 115      |
| 1 each                      | Grapes - American                      | 1.5      |
| 1 large fruit, without skin | kiwifruit                              | 55.51    |
| 1 cup, sliced               | mangos,raw                             | 107.25   |
| 1 cup, unthawed             | melon balls,frozen                     | 57.09    |
| 1 cup, balls                | melons,honeydew,raw                    | 61.95    |
| 1 cup                       | mulberries,raw                         | 60.2     |
| 1 each                      | Nectarine - medium, 2.5" diam.         | 67       |
| each                        | Orange - medium                        | 69       |
| 1 cup                       | orange juice,raw                       | 111.6    |
| 1 medium                    | Papaya - medium, raw, 3.5" diam.       | 119      |
| 1 medium                    | Peach - medium, approx 4 oz.           | 37       |
| 1 each                      | Pear -medium w/peel                    | 98       |
| 1 cup                       | Pineapple - canned, chunks             | 140      |
| 1 slice                     | Pineapple - frsh, slice approx 3.5"    | 41       |
| 1 cup                       | pineapple juc,cnd,unswtnd,wo/ vit c    | 140      |
| each                        | Plum - fresh, 2.25" diam               | 36       |
| 1 each                      | Prune - pitted, approx. 3 oz each      | 20.1     |
| 1 cup                       | prune juice,canned                     | 181.76   |
| 1 cup (not packed)          | raisins,golden seedless                | 437.9    |
| 1 cup                       | raspberries,raw                        | 60.27    |
| ounce(s)                    | Strawberry - fresh, 1 medium           | 9        |
| cup                         | Watermelon - fresh, diced              | 51       |
| 1 cup, balls                | watermelon,raw                         | 49.28    |

## **Exchange Group 8 – Protein Snack Foods (Healthy)**

| Measure      | Description                      | Calories |
|--------------|----------------------------------|----------|
| ½ cup        | Cottage Cheese - 1% fat          | 82       |
| 1 each       | Egg - boiled white only          | 17       |
| 1 cup        | Tuna Solid White -Water reg. can | 280      |
| 2.8 ounce(s) | Tuna Solid White -Water Sm. can  | 99.99    |
| 4 ounce(s)   | Turkey Breast / White Meat       | 153      |
| 4 ounce(s)   | Chicken Breast / White Meat      | 187      |

## **Exchange Group 9 – Carb. Snack Foods (Healthy)**

| Measure | Description                    | Calories |
|---------|--------------------------------|----------|
| 1 each  | Apple - medium with peel       | 81       |
| 1 each  | Bagel - plain Lenders brand    | 150      |
| 1 each  | Banana - med 8"                | 105      |
| 1 each  | Bread - slice rye 7 grain      | 90       |
| 5 each  | Cracker/Nabisco - Low Saltines | 60       |

# ***DietMaster Pro***™ Weight Management System Exchange List

|            |                                     |     |
|------------|-------------------------------------|-----|
| 20 each    | Grapes - American                   | 30  |
| 4 ounce(s) | Potato - white medium               | 119 |
| 1 each     | Power Bar                           | 230 |
| 1 cup      | Rice - white cook steamed           | 164 |
| 1 each     | Rice cake - apple cinnamon, Quaker  | 40  |
| 1 each     | Rice cake - plain, Quaker           | 35  |
| 1 each     | Rice cake - plain, unsalted, Quaker | 35  |

## **Exchange Group 10 – Performance Carbohydrates**

| Measure    | Description                       | Calories |
|------------|-----------------------------------|----------|
| 1 each     | Apple - medium with peel          | 81       |
| 1 each     | Bread whole wheat -slice          | 70       |
| 1 cup      | Brown rice - cooked               | 220      |
| ½ cup      | Kidney bean / boiled              | 109      |
| ½ cup      | Lentil - boiled                   | 115      |
| ½ cup      | Oatmeal - quick, measure uncooked | 140      |
| 1 each     | Orange - medium                   | 69       |
| 2 ounce(s) | Whole wheat pasta dry             | 198      |
| 5 ounce(s) | Yam - baked w/o skin              | 146.25   |

## **Exchange Group 11 – Poultry**

| Measure                           | Description                                        | Calories |
|-----------------------------------|----------------------------------------------------|----------|
|                                   |                                                    |          |
| 1/2 breast bone and skin removed  | chicken,broilers or fryers,breast,meat only,ckd,fr | 141.9    |
| 1/2 breast bone and skin removed  | chicken,broilers or fryers,breast,meat only,ckd,rs | 143.45   |
| 1 drumstick, bone removed         | chicken,broilers or fryers,breast,meat only,ckd,st | 117.53   |
| 1/2 breast, bone removed          | chicken,breast,meat                                | 217.56   |
| 1/2 breast, bone and skin removed | turkey,breast,meat                                 | 432.9    |

## **Exchange Group 12 – Fish & Shellfish**

| Measure | Description                            | Calories |
|---------|----------------------------------------|----------|
|         |                                        |          |
| 3 oz    | bass,freshwater,mxd sp,ckd,dry heat    | 124.1    |
| 3 oz    | catfish,channel,farmed,ckd,dry heat    | 129.2    |
| 3 oz    | catfish,channel,wild,ckd,dry heat      | 89.25    |
| 3 oz    | cod,pacific,ckd,dry heat               | 89.25    |
| 3 oz    | crab,dungeness,ckd,moist heat          | 93.5     |
| 3 oz    | crab,queen,ckd,moist heat              | 97.75    |
| 3 oz    | halibut,greenland,ckd,dry heat         | 203.15   |
| 3 oz    | herring,pacific,ckd,dry heat           | 212.5    |
| 3 oz    | mackerel,king,ckd,dry heat             | 113.9    |
| 3 oz    | oyster,eastern,farmed,ckd,dry heat     | 67.15    |
| 3 oz    | oyster,eastern,farmed,raw              | 50.15    |
| 3 oz    | roughy,orange,ckd,dry heat             | 75.65    |
| 3 oz    | salmon,atlantic,farmed,ckd,dry heat    | 175.1    |
| 3 oz    | trout,rainbow,farmed,raw               | 117.3    |
| 3 oz    | tuna,white,cnd in h2o,wo/salt,drnd sol | 108.8    |
| 3 oz    | whitefish,mxd sp,ckd,dry heat          | 146.2    |

## **Exchange Group 13 – Pork Products**

| Measure | Description                                        | Calories |
|---------|----------------------------------------------------|----------|
|         |                                                    |          |
| 3 oz    | pork,frsh,leg (ham),whl,ln&fat,ckd,rstd            | 232.05   |
| 3 oz    | pork,frsh,loin,sirloin (chops),bone-in,ln&fat,ckd, | 208.25   |
| 3 oz    | pork,frsh,loin,tenderloin,ln,ckd,rstd              | 139.4    |
| 3 oz    | pork,frsh,loin,top loin (chops),bnless,ln&fat,ckd, | 198.05   |
| 3 oz    | pork,frsh,loin,whl,ln&fat,ckd,brsd                 | 203.15   |
| 3 oz    | pork,frsh,spareribs,ln&fat,ckd,brsd                | 337.45   |

**Exchange Group 14 – Nuts**

| Measure                 | Description                            | Calories |
|-------------------------|----------------------------------------|----------|
| 1 ounce(s)              | Almonds                                | 170      |
| 1 ounce(s)              | Cashews - roasted, lightly salted      | 160      |
| 1 oz (3 kernels)        | chestnuts,                             | 69.46    |
| 1 oz (11 whole kernels) | macadamia nuts,dried                   | 199.02   |
| 1 oz                    | mixed nuts,dry rstd,w/pnuts,wo/salt    | 168.4    |
| ounce(s)                | Nuts - cashew & peanuts, Planters      | 170      |
| ounce(s)                | Nuts - dry roasted, Planters           | 160      |
| ounce(s)                | Nuts - dry roasted, unsalted, Planters | 170      |
| ounce(s)                | Nuts - honey roasted, Planters         | 170      |
| 1 ounce(s)              | Nuts - mixed Planters                  | 180      |
| 1 oz (20 halves)        | pecans,dried                           | 189.09   |
| 1 oz (47 kernels)       | pistachio nuts,dried                   | 163.58   |
| 1 oz                    | sunflower sd butter,wo/salt            | 164.15   |
| 1 oz (14 halves)        | walnuts,eng or persian,dried           | 182.01   |

**Exchange Group 15 – Cereals**

| Measure       | Description                                    | Calories |
|---------------|------------------------------------------------|----------|
| 1 cup         | 40% Bran Flakes, Kelloggs                      | 93       |
| 1 cup         | Bran Flakes - cereal                           | 180      |
| 1 cup         | Cheerios                                       | 110      |
| 1 cup         | Cheerios Oat & Wheat, Gen. Mills               | 111      |
| 1 cup         | Common Sence Oat Bran, Kelloggs                | 100      |
| 1 cup         | Common Sense Oat Bran & Raisins, Kelloggs      | 173.33   |
| 1 cup         | Corn Flakes, Kelloggs                          | 110      |
| 3 table spoon | Cream of Wheat - instant                       | 126      |
| 1 cup         | Frosted Flakes, Kelloggs                       | 110      |
| 1 cup         | Frosted Mini Wheats, Kelloggs                  | 100      |
| 1 cup         | Granola - Kellogg's low fat w/raisins          | 333.33   |
| 1 cup         | Kellogg's Smacks cereal/sm. box                | 120      |
| 3 table spoon | Malt O' Meal wheat cereal                      | 120      |
| 1 cup         | Multi Grain Cheerios, Gen. Mills               | 100      |
| 1 cup         | Nut & Honey Crunch                             | 110      |
| 1 cup         | Nutri Grain Almond & Raisin, Kelloggs          | 212.12   |
| 1 pack        | Oatmeal - instant pkt.,maple, brn sugar Quaker | 152      |
| 1 pack        | Oatmeal - instant pkt.,plain Quaker Extra      | 95       |
| 1 pack        | Oatmeal - instant pkt.,Plus Fiber, Quaker      | 150      |
| 1 pack        | Oatmeal - instant pkt.,raisin/cin. Quaker      | 129      |
| 1 cup         | Rice Chex                                      | 120      |
| 1 cup         | Rice Krispies, Kelloggs                        | 112      |
| 1 cup         | Shredded Wheat n' Bran Nabisco                 | 90       |
| 1 biscuit     | Shredded Wheat, Nabisco                        | 80       |
| 1 cup         | Special K' rice and wheat, Kelloggs            | 111      |
| 1 cup         | Wheaties, General Mills                        | 99       |

**Exchange Group 16 – Breads**

| Measure | Description                           | Calories |
|---------|---------------------------------------|----------|
| 1 each  | Bagel - blueberry, Earth Grains       | 245      |
| 1 each  | Bagel - Cinnamon Raisin, Earth Grains | 255      |
| 1 each  | Bagel - Egg, Lender Bagel Shop        | 230      |
| 1 each  | Bagel - Honey Wheat, Earth Grains     | 240      |
| 1 each  | Bagel - Onion, Earth Grains           | 240      |
| 1 each  | Bagel - Plain, Lenders Bake Shop      | 210      |
| 1 each  | Bagel - Raisin, Lenders               | 240      |
| 1 slice | Banana - Pillsbury, cooked mix        | 170      |

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|                                        |                                                    |        |
|----------------------------------------|----------------------------------------------------|--------|
| 1 large slice (4-1/2" x 3-1/4" x 3/4") | bread,italian                                      | 81.3   |
| 1 large pita (6-1/2" dia)              | bread,pita,white,enriched                          | 165    |
| 1 large pita (6-1/2" dia)              | bread,pita,whole-wheat                             | 170.24 |
| 1 slice                                | bread,pumpernickel                                 | 70.88  |
| 1 large slice                          | bread,raisin,enriched                              | 87.68  |
| 1 large slice                          | bread,rye,                                         | 82.36  |
| 1 slice                                | bread,wheat                                        | 73.71  |
| 1 each                                 | Bun - hamburger                                    | 123    |
| 1 slice                                | Cornbread                                          | 196    |
| 1 cup                                  | croutons,plain                                     | 122.1  |
| 1 cup                                  | croutons,seasoned                                  | 186    |
| 1 each                                 | English Muffin - cinnamon raisin, Pep. Farms       | 150    |
| 1 each                                 | English Muffin - plain, Peperidge Farms            | 140    |
| 1 each                                 | English Muffin - sourdough, Pep. Farms             | 135    |
| 1 each                                 | Muffin - apple spice, fat free Healthy Valley      | 130    |
| 1 each                                 | Muffin - banana, fat free, Healthy Valley          | 130    |
| 1 each                                 | Muffin - blueberry apple, fat free, Healthy Valley | 140    |
| 1 each                                 | Muffin - blueberry, Sara Lee, Free n' Lite         | 120    |
| 1 each                                 | Muffin - carrot, fat free Healthy Valley           | 130    |
| 1 each                                 | Muffin - raisin spice, fat free, Healthy Valley    | 140    |
| 1 oz                                   | pancakes,blueberry,prep from recipe                | 62.94  |
| 1 oz                                   | pancakes,buckwheat,dry mix,incomplete,prep         | 58.97  |
| 1 oz                                   | pancakes,pln,prep from recipe                      | 64.35  |
| 1 oz                                   | rolls,dinner                                       | 87.03  |
| 1 roll (1 oz)                          | rolls,dinner,wheat                                 | 77.4   |
| 1 hamburger, frankfurter roll          | rolls,dinner,whole-wheat                           | 114.38 |
| 1 oz                                   | rolls,french                                       | 78.53  |
| 1 oz                                   | waffles,pln,dry mix,prep from complete-type        | 82.22  |
| 1 oz                                   | waffles,pln,frz,rth (incl bttmilk)                 | 71.16  |

## **Exchange Group 17 – Pasta & Noodles**

| Measure            | Description                                  | Calories |
|--------------------|----------------------------------------------|----------|
|                    |                                              |          |
| 1 cup              | Angel hair - wheat, cooked, Cremette         | 210      |
| 1 cup              | Angel hair - whole wheat, cooked, De Boles   | 210      |
| 1 cup              | Angel hair, corn, Westbrae, cooked           | 210      |
| 1 cup, cooked      | couscous,cooked                              | 175.84   |
| 1 cup              | couscous,dry                                 | 650.48   |
| 1 cup              | Elbow - corn, cooked, Westbrae               | 210      |
| 1 cup              | Elbow -whole wheat, cooked,                  | 365      |
| 1 cup              | Fettucine - egg noodle, cooked, Antoinet     | 210      |
| 1 cup              | hominy,canned,white                          | 118.8    |
| 1 cup              | Lasagna - curly edge, cooked, Ronzoni        | 210      |
| 1 cup              | Lasagna - whole wheat, cooked, Health Valley | 170      |
| 1 cup              | Linguine - wheat, Cremette                   | 210      |
| 1 cup elbow shaped | macaroni,ckd,unenr                           | 197.4    |
| 1 cup              | Noodle - chow mein, chinese                  | 237      |
| 1 cup              | Noodle - enriched, cooked                    | 213      |
| 1 cup              | Noodle - spinach, cooked                     | 211      |
| 1 cup              | noodles,egg,ckd,enr                          | 212.8    |
| 1 cup              | pasta,corn,cooked                            | 176.4    |
| 1 cup              | Shell pasta - extray fancy, cooked, Ronzoni  | 210      |
| 1 cup              | Shell pasta - jumbo, cooked, Ronzoni         | 210      |
| 1 cup              | Shell pasta - wheat, cooked, Ronzoni         | 210      |
| 1 cup              | spaghetti,ckd,wo/ salt                       | 197.4    |
| 1 cup              | spaghetti,spinach,cooked                     | 182      |
| 1 cup              | spaghetti,whole-wheat,ckd                    | 173.6    |

## **Exchange Group 18 – Red Meats**

| Measure | Description                   | Calories |
|---------|-------------------------------|----------|
| 3 oz    | beef,brisket                  | 247.35   |
| 3 oz    | beef,flank, cooked or braised | 223.55   |
| 3 oz    | beef,ground,extra lean,cooked | 212.5    |
| 3 oz    | beef,rib,eye                  | 233.04   |
| 3 oz    | beef,porterhouse steak        | 219.43   |
| 3 oz    | beef,t-bone steak             | 202.42   |
| 3 oz    | beef,top sirloin              | 219.3    |

**Exchange Group 19 – Meats, Misc.**

| Measure    | Description                          | Calories |
|------------|--------------------------------------|----------|
| 1 slice    | Bacon - Oscar Mayer Center Cut       | 25       |
| 3 ounce(s) | Chuck - pot roast,fat trimmed off    | 177.99   |
| 9 ounce(s) | Ham - canned, Lite & Lean 97' Hormel | 90       |
| 1 ounce(s) | sausage - turkey, Jimmy Dean Light   | 66.5     |

**Exchange Group 20 – Dressings**

| Measure     | Description                                 | Calories |
|-------------|---------------------------------------------|----------|
| table spoon | Blue cheese - fat free, Kraft - Free        | 16       |
| table spoon | Blue cheese - reduced cal. Kraft, chunky    | 30       |
| table spoon | Buttermilk - reduced calorie, Kraft, creamy | 30       |
| table spoon | Caesar - Lite, Wish Bone, w/olive oil       | 30       |
| table spoon | Creamy - reduced cal. w/oil, Kraft          | 25       |
| table spoon | Creamy - reduced calorie, Kraft, no oil     | 4        |
| table spoon | Dijon - vinaigrette,Lite Classic, Wish Bone | 30       |
| table spoon | French - no fat, Kraft Free                 | 20       |
| table spoon | French - reduced calorie, Kraft             | 20       |
| table spoon | Italian - creamy, reduced cal., Kraft       | 25       |
| table spoon | Italian - fat free, Kraft Free              | 6        |
| table spoon | Italian - reduced cal. Kraft Zesty          | 20       |
| table spoon | Italian - reduced calorie, Kraft, house     | 30       |
| table spoon | Oil & vinegar - Wish-Bone, Lite Classic     | 20       |
| table spoon | Oil & Vinegar - Wish-Bone, vinaigrette Lite | 16       |
| table spoon | Poppyseed - Knott's 'Peggy Jane's'          | 60       |
| table spoon | Ranch - no fat, Kraft Free                  | 16       |
| table spoon | Thousand island - reduced cal. Kraft        | 20       |

**Exchange Group 21 – Jams, Spreads, Sauces & Syrups**

| Measure     | Description                                 | Calories |
|-------------|---------------------------------------------|----------|
| 1 ounce(s)  | Alfredo - DiGiorno                          | 100      |
| tea spoon   | BBQ - Country Style, Hunts                  | 20       |
| table spoon | BBQ - Healthy Choice                        | 25       |
| table spoon | BBQ - Hickory, Health Choice                | 26       |
| table spoon | BBQ - Thick n' Spicy, Kraft                 | 25       |
| 1 ounce(s)  | Blueberry Syrup - Knot's Berry Light        | 50       |
| table spoon | Catsup - tomato                             | 16       |
| table spoon | Chili sauce - Featherweight                 | 8        |
| table spoon | Cocktail sauce - Del Monte                  | 23       |
| tea spoon   | Jelly - all flavors, Simply Fruit, Smuckers | 16       |
| tea spoon   | Jelly - apple butter, Simply Fruit          | 16       |
| tea spoon   | Jelly - apricot, Knott's                    | 18       |
| tea spoon   | Jelly - blackberry, Knott's                 | 18       |
| tea spoon   | Jelly - blueberry, Knott's                  | 18       |
| tea spoon   | Jelly - boysenberry, Knott's                | 18       |
| tea spoon   | Jelly - peach, Polaner                      | 17.5     |

# **DietMaster Pro™** Weight Management System Exchange List

|             |                                               |       |
|-------------|-----------------------------------------------|-------|
| tea spoon   | Jelly - red raspberry, Knott's                | 18    |
| table spoon | Jelly - Smuckers low sugar                    | 25    |
| tea spoon   | Jelly - strawberry, pure seedless, Knott's    | 18    |
| 1/3 cup     | Marinara sauce - Progresso 'Authentic'        | 55    |
| table spoon | Mayonnaise - Kraft Free, fat free             | 8     |
| table spoon | Mayonnaise - low fat                          | 25    |
| 1 ounce(s)  | Orange pineapple juice - Tropicana            | 13.33 |
| table spoon | Peanut Butter                                 | 95    |
| table spoon | Peanut butter - creamy, Peter Pan             | 95    |
| table spoon | Peanut Wonder -low fat peanut butter          | 50    |
| table spoon | Relish - pickle                               | 20    |
| table spoon | Salsa - Chunky medium, Pace                   | 2     |
| table spoon | Soy sauce - Kikkoman 'Lite'                   | 11    |
| 1/3 cup     | Spaghetti sauce - mushroom, Ragu, 'Homestyle' | 55    |
| 1/3 cup     | Spaghetti sauce - no salt, Prego              | 30    |
| 1/3 cup     | Spaghetti sauce - Ragu, 'Thick & Hearty'      | 50    |
| 1/3 cup     | Spaghetti sauce- meat, Ragu, 'Homestyle'      | 55    |
| table spoon | Steak sauce - A1                              | 18    |
| table spoon | Steak sauce - Heinz 57'                       | 16    |
| table spoon | Syrup - Aunt Jemima, ButterLite               | 25    |
| table spoon | Syrup - Aunt Jemima, Lite                     | 27    |
| table spoon | Syrup - Hungry Jack Lite                      | 25    |
| table spoon | Syrup - Log Cabin, Country Kitchen Lite       | 25    |
| table spoon | Syrup - Log Cabin, reduced calorie            | 25    |
| table spoon | Teriyaki sauce - LaChoy 'Sauce & Marinade'    | 30    |
| tea spoon   | Worcestershire sauce - Lea & Perrins          | 5     |

## **Exchange Group 23 – Fats & Oils**

| Measure     | Description                            | Calories |
|-------------|----------------------------------------|----------|
| table spoon | Almond Oil                             | 120      |
| table spoon | Flaxseed Oil (linseed)                 | 120      |
| teaspoon    | margarine,reg,hard,corn (hydr)         | 33.78    |
| tablespoon  | mayo type,reg,w/salt                   | 57.29    |
| tablespoon  | oil,olive,salad or cooking             | 119.34   |
| tablespoon  | oil,veg corn,salad or cooking          | 120.22   |
| tablespoon  | Olive oil - pure                       | 130      |
| tablespoon  | Olive Oil (sesame,soy bean, sunflower) | 120      |
| tablespoon  | sesame seed                            | 67.79    |
| tablespoon  | Vegetable oil - Wesson                 | 120      |
| tablespoon  | vegetable oil,coconut                  | 117.23   |
| tablespoon  | vegetable oil,palm kernel              | 117.23   |