

B.A. (HONS.) PART-2
PAPER- 3

# FOOD EXCHANGE LIST

By:

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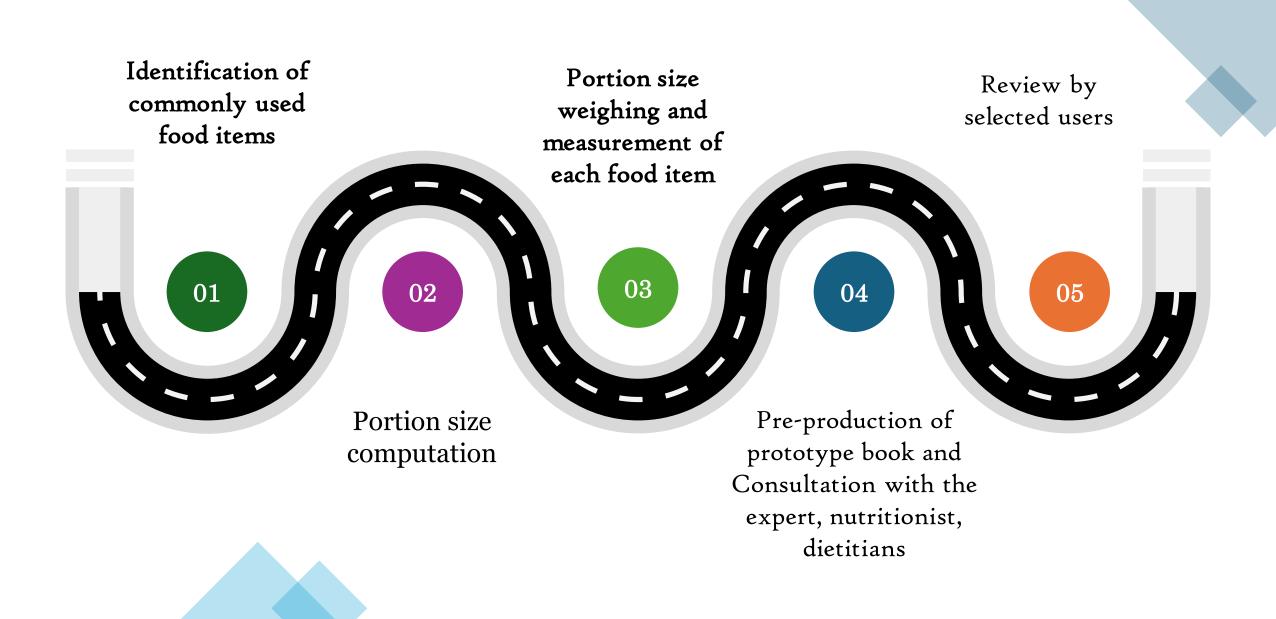
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## Food Exchange List

The food exchange list refers to the food items on each list which may be substituted with any other food item on the same list. A grouping of commonly consumed foods according to similarities in composition so that the foods may be used interchangeably in diet planning.





#### Food groups

Foods
classifi
ed into
followin
g
categori
es:

Cereal exchange

Fat exchange

Milk and its products

Vegetable exchange

Fruit exchange

Legumes and Pulse exchange

Flesh food exchange

## Cereal Exchang e

30 gm provide: Carbohydrate 20 gm, Protein 2 gm



Cereals	Household Measures	Wt/Vol.	Calories
Rice		30 gms uncooked	100
Wheat flour		30 gms uncooked	100
Dalia	1/2 katori cooked	30 gms uncooked	100
Sago		30 gms uncooked	100
White flour		30 gms uncooked	100
Bread	2 slices	40 gms	100
Chapati	1.5 [approx. 5-6" diameter]	44 gms	100
Jowar roti	0.5	55 gms	100
Ragi		30 gms uncooked	100
Rice flakes	1 Katori	30 gms uncooked	100
Oatmeal		30 gms uncooked	100
Vermicelli	1/2 Katori cooked	30 gms uncooked	100
Corn flakes		30 gms uncooked	100
Maize dry		30 gms uncooked	100
Marie biscuit	8 No.		100
Monaco biscuit	4 No.		100
Idlis	2 No.		100
Poha	1/2 Katori		100
Upma	1/2 Katori		100
Dosa ordinary			120
1 Katori-volume	150 ml.		

## Fat Exchang e

50 gm Calories; Fat 5.5 gm



Fats	Household	Wt.[gm]	Calorie
racs	nousenora	wc. [gm]	Calolie
	Measures	•	S
Butter	1 1/2	7.5	50
	teaspoon		
Ghee	1 teaspoon	5.5	50
Hydrogenated fat	1 teaspoon	5.5	50
[Vanaspati]			
Oil [Coconut, Mustard	1 teaspoon	5.5	50
Sunflower, Corn,			
Groundnut, Cotton			
seed, Til, Palm]			
Cashewnuts		10	50
Groundnuts, roasted		10	50
Walnuts		7.5	50
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#### Milk and Milk Products Exchange

50 Calories; Protein 2.5 gm



Milk & Milk Products	Household	Wt./Vol	Calorie
	Measures	•	s
Curd	2/3 glass	105 gm	50
Butter Milk	3 glasses	375 ml	50
Cheese	1 ice cube	15 gm	50
Milk [Buffalo]	1/3 glass	45 ml	50
Milk [Cow]	2/3 glass	90 ml	50
Milk, Skimmed*	1 glass	130 ml	50
Milk, Skimmed, powder*		15 gm	50
Coffee Nescafe+75 ml milk [without sugar]			50
Tea + 75 ml milk			50
Khoya		15 gm	50
1 medium glass 150 ml			
*provides 5 gm protein			

## le Exchang e

#### 50 Calories; Carbohydrate 10 gm



Vegetables	Household Measures	Wt. (gm)	Calori es
Beetroot [Chukander]		75	50
Carrot	1-2 No.	105	50
Colocasia [arbi]		45	50
Onion [big]	1 No.	90	50
Onion [small]	2 No.	75	50
Potato	1/2 No.	45	50
Sweet potato		30	50
Tapioca		30	50
Yam [Zimikand]		45	50
Broad beans		90	50
Cluster beans		90	50
Double beans		50	50
Jack, Tender		105	50
Jackfruit seeds		30	50
Leeks		60	50
Peas		45	50
Singhara		45	50
Sambar	1/4 katori	35 ml	50
Cooked vegetable	1/2 katori		50
1 Katori: volume 150 ml			

#### Cont...



### These vegetables may be used as desired. Carbohydrates and calories are negligible

Leafy Vegetables		Other Veg	etables
Bitter gourd [Karela]	Curry leaves	Brinjal	Onion stalks
Amaranth	Fenugreek leaves	Cauliflowe r	Pumpkin
Brussels sprouts	Mint	Drumstick	Tinda
Cabbage	Spinach	French beans	Tomato, Green
Coriander leaves		Mango, green	

## Fruit Exchange

50 Calories; Carbohydrate 10 gm



Fruits	Size/No.	Wt. (ml)	Calorie
	, , , , ,	,	s
Apple	1 small	75	50
Amla	20 medium	90	50
Banana	1/4 medium	30	50
Cashew fruit	2 medium	90	50
Custard apple	1/4	50	50
Dates	3	30	50
Figs	6 medium	135	50
Grapes	20	105	50
Grapefruit	1/2 big	150	50
Jack fruit	3 medium pieces	60	50
Mango	1 small	90	50
Melon	1/4 medium	270	50
Orange	1 small	90	50
Lemon	1 medium	90	50
Papaya	2 medium	120	50
Peach	1 medium	135	50
Pear	1 medium	90	50
Plums	4 medium	120	50
Pineapple	1 1/2 slices	90	50
	(round)		
Strawberry	40	105	50
Sweetlime	1 medium	150	50
Tomato	4 medium	240	50
Watermelon	1/4 small	175	50

# Legume and Pulse Exchange

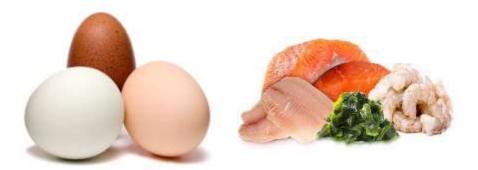
30 gm provide: Carbohydrate 15 gm, Protein 6 gm



Pulse [uncooked]	Household	Wt.	Calori
rurse [uncookeu]	Measures	(gm)	es
Bengal gram	3/4 katori cooked	30	100
Bengal gram, roasted		30	100
Bengal gram- flour [Besan]		30	100
Cow gram	1 katori cooked	30	100
Horse gram		30	100
Kabuli Channa [white gram]		30	100
Lentils	3/4 katori cooked	30	100
Moth beans		30	100
Peas, dried	1 katori cooked	30	100
Rajmah [kidney beans]	3/4 katori cooked	60	100
Red gram	3/4 katori cooked	30	100

#### Flesh Food Exchange

70 Calories; Protein 10 gm



Flesh	Foods	Household	Wt.	Calories
		Measures	(gm)	
Egg	Hen	2 No.		100
Fi	sh	1 piece	60	70
Liver,	sheep		60	70
Mutton,	muscle	3 piece	60	100
Po	rk	1 slice	60	70
Pra	NWN	5-7 pieces	60	70
Chicken		1 breast	60	70
Crab		120 gm		70
Ве	ef	1 slice	60	70

## THANK YOU