

FOOD EXCHANGE LIST

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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.



Identification of
commonly used
food items

01

Portion size
computation

02

Portion size
weighing and
measurement of
each food item

03

Pre-production of
prototype book and
Consultation with the
expert, nutritionist,
dietitians

04

Review by
selected users

05

Food groups

Foods
classified
into
following
categories:

Cereal exchange

Fat exchange

Milk and its products

Vegetable exchange

Fruit exchange

Legumes and Pulse exchange

Flesh food exchange

Cereal Exchange

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 Exchange

50 gm Calories; Fat 5.5 gm



Fats	Household Measures	Wt. [gm]	Calories
Butter	1 1/2 teaspoon	7.5	50
Ghee	1 teaspoon	5.5	50
Hydrogenated fat [Vanaspati]	1 teaspoon	5.5	50
Oil [Coconut, Mustard, Sunflower, Corn, Groundnut, Cotton seed, Til, Palm]	1 teaspoon	5.5	50
Cashewnuts		10	50
Groundnuts, roasted		10	50
Walnuts		7.5	50
Pistachios		7.5	50

Milk and Milk Products Exchange

50 Calories; Protein 2.5 gm



Milk & Milk Products	Household Measures	Wt./Vol	Calories
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			

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50 Calories;
Carbohydrate 10 gm



Vegetables	Household Measures	Wt. (gm)	Calories
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 Vegetables	
Bitter gourd [Karela]	Curry leaves	Brinjal	Onion stalks
Amaranth	Fenugreek leaves	Cauliflower	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)	Calories
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 (round)	90	50
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 Measures	Wt. (gm)	Calories
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 Measures	Wt. (gm)	Calories
Egg Hen	2 No.		100
Fish	1 piece	60	70
Liver, sheep		60	70
Mutton, muscle	3 piece	60	100
Pork	1 slice	60	70
Prawn	5-7 pieces	60	70
Chicken	1 breast	60	70
Crab	120 gm		70
Beef	1 slice	60	70



THANK YOU

