



## Using Exchange Lists



You have been using the exchange lists for a few weeks to plan your meals at home. This has been going well for you. Tonight you feel ready to use the exchange lists to choose healthy foods at a holiday party buffet.

### The following food and drinks are on the buffet table:

- roast beef, roast pork and baked ham at the carving board
- casserole dishes including chicken breast in cream sauce, plain baked white fish, bean and vegetable chili and spaghetti with meat balls in tomato sauce
- mashed and home fried potatoes
- cooked peas, corn and yellow squash
- cold vegetable tray with carrots, cauliflower and broccoli
- breads, rolls and muffins
- cheese tray
- fresh fruit, including grapes, melon, strawberries and pineapple
- salad bar with lettuce, tomatoes, cucumbers, mushrooms, green peppers, cottage cheese, hard-boiled eggs, olives, croutons and many choices of regular salad dressings
- cakes, cookies and sugar-free Jell-O®
- butter, sour cream and regular mayonnaise
- sugar and sugar substitutes
- 2% milk
- vegetable and fruit juices
- many choices of regular and diet sodas
- coffee and tea

### You are trying to eat this number of exchanges at your evening meal:

- meat and meat substitutes - 3
- starches - 2
- fruit - 2
- vegetables (non-starchy) - 2
- milk and yogurt - 1
- fats and oils - 2
- free foods - no more than 3

**Think about which foods sound good to you today and then decide what you will choose.**

**Which food and drinks would you choose from the buffet? How much of each food and drink would you choose?**

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*Amounts = one exchange*

**Meat/Meat Substitute**

- beef - 1 ounce
- pork - 1 ounce
- ham - 1 ounce
- chicken breast - 1 ounce
- white fish - 1 ounce
- meat balls - 1 ounce
- cheese - 1 slice or 4 cubes
- cottage cheese - 1/4 cup
- egg - 1

**Vegetables (Non-Starchy)**

- yellow squash - 1/2 cup
- carrots - 1 cup
- cauliflower - 1 cup
- broccoli - 1 cup
- lettuce - 1 cup
- tomatoes - 1 cup
- cucumbers - 1 cup
- mushrooms - 1 cup
- green pepper - 1 cup
- vegetable juice - 1/2 cup

**Milk and Yogurt**

- 2% milk - 1 cup

**Sugary Foods**

- cake - 2" square or round
- cookies - 2 small
- sugar - 1 Tbsp
- regular soda pop - 1/3 cup

**Free**

- sugar-free Jell-O®
- sugar substitutes
- diet soda
- coffee
- tea

**Fruit**

- grapes - 17 small
- melon - 1 cup
- strawberries - 3/4 cup
- pineapple - 3/4 cup
- fruit juice - 1/2 cup

**Starches**

- bread - 1 slice
- rolls/muffins - 1
- bean and vegetable chili - 1/2 cup
- spaghetti - 1/3 cup
- mashed potatoes - 1/2 cup
- home-fried potatoes - 1 cup
- peas - 1/2 cup
- corn - 1/2 cup
- croutons - 1 cup

**Fats and Oils**

- cream sauce - 2 Tbsp
- home fried potatoes - 1 cup
- butter - 1 tsp
- sour cream - 2 Tbsp
- olives - 8 large (black) 10 large (green)
- regular salad dressing - 1 Tbsp
- regular mayonnaise - 1 tsp



