

Diabetic Food List Choices (Exchanges) for
Recipes in Naturally Nutritious

Listed below are the Diabetic Food List Choices (Exchanges) for the recipes in Washington State Dairy Council's recipe book, Naturally Nutritious: Everyday Family Meals. Before you use the following information, please note:

This diabetic food list (exchange) information was calculated according to guidelines in the booklet, Choose Your Foods: Exchange Lists for Diabetes, published by the American Diabetes Association and the American Dietetic Association, 2008. These are only estimates; nutrient content may vary from product to product. For more information check product labels of the ingredients you use in the recipes and contact your physician or a diabetes educator if you have questions about how to fit these recipes into your diet.

“Optional” ingredients and “variations” are not included in the nutritional analyses or diabetic exchanges.

When a range is given for the amount of an ingredient, the first amount was used to calculate the nutritional analysis and diabetic food list serving. When two choices for an ingredient are listed, the first choice was used. For example, the recipe “Tossed Greens with Frico” calls for 1/4 cup to 1/3 cup fat-free or low-fat vinaigrette; therefore, in the analysis, 1/4 cup fat-free vinaigrette was used in the calculations.

Nutrient content for each recipe can be found in Naturally Nutritious. Grams of carbohydrate per serving are provided below for your convenience.

For general information about diabetes call the American Diabetes Association (1.800.342.2383) or visit www.diabetes.org. For a referral to a Registered Dietitian in your area, visit the American Dietetic Association’s web site at www.eatright.org.

RECIPE	PAGE #	STARCH	FRUIT	FAT-FREE, LOW-FAT MILK	VEGETABLES (NON-STARCHY)	LEAN MEAT	MEDIUM-FAT MEAT	HIGH-FAT MEAT	SWEETS, DESSERTS, OTHER CARBO- HYDRATES	FAT	NOTE	CARBO HYDRATE (grams)
Raspberry Spinach Salad	4		1/2					1	1/2		optional nuts not included	14
Three-Apple Salad	6		2					1			optional nuts not included	28
Tossed Greens with Frico	8				1			1				8
Black-Eyed Peas and Cheddar Salad	10	1			1	1	1					22
RECIPE	PAGE #	STARCH	FRUIT	FAT-FREE, LOW-FAT MILK	VEGETABLES (NON-STARCHY)	LEAN MEAT	MEDIUM-FAT MEAT	HIGH-FAT MEAT	SWEETS, DESSERTS, OTHER CARBO- HYDRATES	FAT	NOTE	CARBO HYDRATE (grams)
Tuscan Bean & Vegetable Soup with Floating Bruschetta	12	1 1/2			2	2		1				39

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African Peanut Stew with Vegetables	14	3 1/2		1/2	1			2		1/2	variation not included	73
Fiesta Tortilla Soup	16	2			2			1		2	variation not included in analysis	51
Meze Platter with Tzatziki Dip	18	2 1/2		1/2	1			1		1	optional sugar not included	53
Baguette Stuffed with Bell Peppers and Cheese	20	2			1			1			variations not included	37
Pepperoni and Cheese Dip for Veggies	22			1/2				1			vegetables and other foods for dipping not included	8
RECIPE	Page #	STARCH	FRUIT	FAT-FREE, LOW-FAT MILK	VEGETABLES (NON-STARCHY)	LEAN MEAT	MEDIUM-FAT MEAT	HIGH-FAT MEAT	SWEETS, DESSERTS, OTHER CARBO-HYDRATES	FAT	NOTE	CARBO HYDRATE (grams)
Cheese Broccoli and Tomato Strata	24	1 1/2			1	1	1				options and variation not included	30
Spinach Calzones with Three Cheese	26	3			2		1	1			variation not included	60
Tandoori-Inspired Chicken Kebabs with Curry Orange Sauce	28	2		1	1	3			1		garnishes not included	65
Beef and Bean Empanadas with Cilantro-Lime Dip	30	3 1/2		1/2			3					66
Baked Apples in Vanilla Sauce	32	1/2	2 1/2	1/2					2	1/2		81

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Mexican Bread Pudding	34	1/2	1/2	1/2			1		2 1/2			58
Warm Peach Gingersnap Sundaes	36		1/2	1					2	1/2	used 2 Tbsp brown sugar	47
RECIPE	Page #	STARCH	FRUIT	FAT-FREE, LOW-FAT MILK	VEGETABLES (NON-STARCHY)	LEAN MEAT	MEDIUM-FAT MEAT	HIGH-FAT MEAT	SWEETS, DESSERTS, OTHER CARBO-HYDRATES	FAT	NOTE	CARBO HYDRATE (grams)
Strawberry Cheesecake Parfaits	38		1	1/2			1		1 1/2			41
Lemon Pick-Me-Up	40			1					2			43
Creamy Coffee Wake-Up Call	42		1/2	1					2			51
Peanut Butter, Banana & Chocolate Smoothie	42		1	1/2				1	2		USED 1 Tbsp peanut butter	50
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