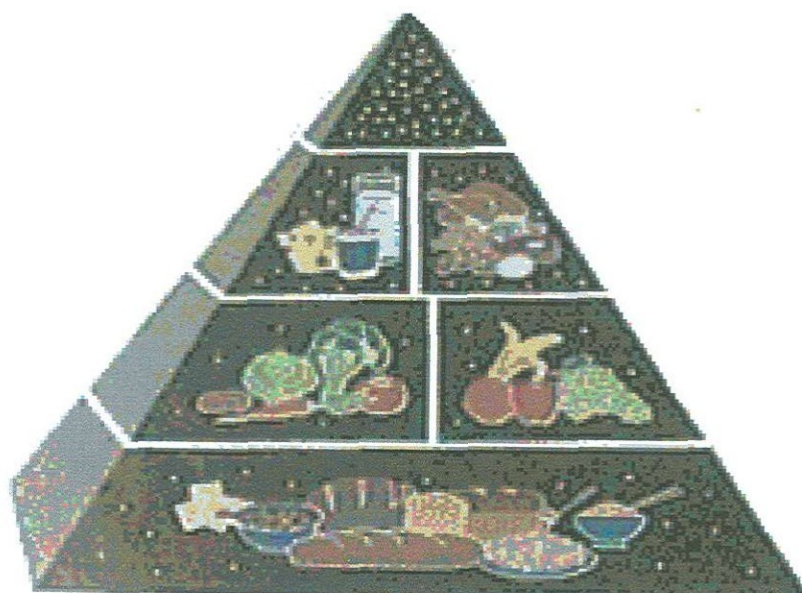


Living with Type 2 Diabetes Hispanic Foods Exchange List and Low Fat Favorites



What is Type 2 Diabetes?

- **Type 2 Diabetes can be defined by an increase in blood sugar levels, and if left untreated, it will cause an increased risk of developing complications.**

What are the complications?

- **Nerve Damage, Kidney Damage, Eye Damage, Heart and Blood Vessel Damage and an increased risk for developing infection.**

Who is at risk?

- **Everyone, but especially those that are of Hispanic decent.**

What can you do?

- **Type 2 Diabetes can be prevented and managed by:**
 - ❖ **Diet**
 - ❖ **Regular Moderate Activity Physical**
 - ❖ **Prescribed Medications**

What does a healthy diet consist of?

- **Variety**
 - ❖ Daily consumption of food and beverages from all the **Food Groups.**
- **Balance**
 - ❖ By following the **Recommended Daily Allowances.**
 - ❖ **Limit Alcohol Intake**
 - ❖ Consuming food and beverages in **Moderation.**
 - Consistency – Small Frequent Meals
 - Following Portion Control methods.
 - For example, **The Exchange System.**

What is the Exchange System?

- **The Exchange System is an organized approach to meal planning.**
- **In the Exchange System, specific foods are grouped into starches, vegetables, fruits, meats, milk products and fats.**
- **These foods are portioned to measure and control calories, carbohydrates, protein and fat.**
 - ❖ **If the Recommended Daily Allowances and the Exchange List can be committed to memory, then managing Type 2 Diabetes becomes much easier.**

How Do I Use the BMI (Body Mass Index) Chart, located on the next page?

Step 1: Locate your height in inches on left side.

Helpful Hint: 1 Foot = 12 Inches

Step 2: Locate your weight in pounds following a straight line from left to right.

Step 3: Follow a straight line up to the BMI numbers to determine if you are at a normal healthy weight.

For example, Mary is 5'3" (63 inches) and 146 lbs, therefore her BMI is equal to 26 (overweight).

How Do I Calculate How Many Calories I Need Per Day to Reach a Normal Healthy Weight?

Remember: These are estimated values.

Obese or very inactive adults, chronic dieters:

- *10 – 12 calories per pound of body weight*

Adults older than 55 years of age, active women, inactive men:

- *13 calories per pound of body weight*

Active men or very active women:

- *15 calories per pound of body weight*

Thin or very active men:

- *20 calories per pound of body weight*

For example, Mary is an active women, therefore she should consume:

*13 calories * 146 lbs = 1898*

(About 1900 calories per day)

Body Mass Index Table

| BMI | Normal | | | | | | | | | | | | | | | | | | | Overweight | | | | | | | | | | Obese | | | | | | | | | | Extreme Obesity | | | | | | | | | | | | | | |
|-----------------|----------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-------|-----|-----|-----|-----|-----|-----|--|--|--|-----------------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 | 49 | 50 | 51 | 52 | 53 | 54 | | | | | | | | | | | | | | | | | | |
| Height (inches) | Body Weight (pounds) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 58 | 91 | 96 | 100 | 105 | 110 | 115 | 119 | 124 | 129 | 134 | 138 | 143 | 148 | 153 | 158 | 162 | 167 | 172 | 177 | 181 | 186 | 191 | 196 | 201 | 205 | 210 | 215 | 220 | 224 | 229 | 234 | 239 | 244 | 248 | 253 | 258 | | | | | | | | | | | | | | | | | | |
| 59 | 94 | 99 | 104 | 109 | 114 | 119 | 124 | 128 | 133 | 138 | 143 | 148 | 153 | 158 | 163 | 168 | 173 | 178 | 183 | 188 | 193 | 198 | 203 | 208 | 212 | 217 | 222 | 227 | 232 | 237 | 242 | 247 | 252 | 257 | 262 | 267 | | | | | | | | | | | | | | | | | | |
| 60 | 97 | 102 | 107 | 112 | 118 | 123 | 128 | 133 | 138 | 143 | 148 | 153 | 158 | 163 | 168 | 174 | 179 | 184 | 189 | 194 | 199 | 204 | 209 | 215 | 220 | 225 | 230 | 235 | 240 | 245 | 250 | 255 | 261 | 266 | 271 | 276 | | | | | | | | | | | | | | | | | | |
| 61 | 100 | 106 | 111 | 116 | 122 | 127 | 132 | 137 | 143 | 148 | 153 | 158 | 164 | 169 | 174 | 180 | 185 | 190 | 195 | 201 | 206 | 211 | 217 | 222 | 227 | 232 | 238 | 243 | 248 | 254 | 259 | 264 | 269 | 275 | 280 | 285 | | | | | | | | | | | | | | | | | | |
| 62 | 104 | 109 | 115 | 120 | 126 | 131 | 136 | 142 | 147 | 153 | 158 | 164 | 169 | 175 | 180 | 186 | 191 | 196 | 202 | 207 | 213 | 218 | 224 | 229 | 235 | 240 | 246 | 251 | 256 | 262 | 267 | 273 | 278 | 284 | 289 | 295 | | | | | | | | | | | | | | | | | | |
| 63 | 107 | 113 | 118 | 124 | 130 | 135 | 141 | 146 | 152 | 158 | 163 | 169 | 175 | 180 | 186 | 191 | 197 | 203 | 208 | 214 | 220 | 225 | 231 | 237 | 242 | 248 | 254 | 259 | 265 | 270 | 278 | 282 | 287 | 293 | 299 | 304 | | | | | | | | | | | | | | | | | | |
| 64 | 110 | 116 | 122 | 128 | 134 | 140 | 145 | 151 | 157 | 163 | 169 | 174 | 180 | 186 | 192 | 197 | 204 | 209 | 215 | 221 | 227 | 232 | 238 | 244 | 250 | 256 | 262 | 267 | 273 | 279 | 285 | 291 | 296 | 302 | 308 | 314 | | | | | | | | | | | | | | | | | | |
| 65 | 114 | 120 | 126 | 132 | 138 | 144 | 150 | 156 | 162 | 168 | 174 | 180 | 186 | 192 | 198 | 204 | 210 | 216 | 222 | 228 | 234 | 240 | 246 | 252 | 258 | 264 | 270 | 276 | 282 | 288 | 294 | 300 | 306 | 312 | 318 | 324 | | | | | | | | | | | | | | | | | | |
| 66 | 118 | 124 | 130 | 136 | 142 | 148 | 155 | 161 | 167 | 173 | 179 | 186 | 192 | 198 | 204 | 210 | 216 | 223 | 229 | 235 | 241 | 247 | 253 | 260 | 266 | 272 | 278 | 284 | 291 | 297 | 303 | 309 | 315 | 322 | 328 | 334 | | | | | | | | | | | | | | | | | | |
| 67 | 121 | 127 | 134 | 140 | 146 | 153 | 159 | 166 | 172 | 178 | 185 | 191 | 198 | 204 | 211 | 217 | 223 | 230 | 236 | 242 | 249 | 255 | 261 | 268 | 274 | 280 | 287 | 293 | 299 | 306 | 312 | 319 | 325 | 331 | 338 | 344 | | | | | | | | | | | | | | | | | | |
| 68 | 125 | 131 | 138 | 144 | 151 | 158 | 164 | 171 | 177 | 184 | 190 | 197 | 203 | 210 | 216 | 223 | 230 | 236 | 243 | 249 | 256 | 262 | 269 | 276 | 282 | 289 | 295 | 302 | 308 | 315 | 322 | 328 | 335 | 341 | 348 | 354 | | | | | | | | | | | | | | | | | | |
| 69 | 128 | 135 | 142 | 149 | 155 | 162 | 169 | 176 | 182 | 189 | 196 | 203 | 209 | 216 | 223 | 230 | 236 | 243 | 250 | 257 | 263 | 270 | 277 | 284 | 291 | 297 | 304 | 311 | 318 | 324 | 331 | 338 | 345 | 351 | 358 | 365 | | | | | | | | | | | | | | | | | | |
| 70 | 132 | 139 | 146 | 153 | 160 | 167 | 174 | 181 | 188 | 195 | 202 | 209 | 216 | 222 | 229 | 236 | 243 | 250 | 257 | 264 | 271 | 278 | 285 | 292 | 299 | 306 | 313 | 320 | 327 | 334 | 341 | 348 | 355 | 362 | 369 | 376 | | | | | | | | | | | | | | | | | | |
| 71 | 136 | 143 | 150 | 157 | 165 | 172 | 179 | 186 | 193 | 200 | 208 | 215 | 222 | 229 | 236 | 243 | 250 | 257 | 265 | 272 | 279 | 286 | 293 | 301 | 308 | 315 | 322 | 329 | 338 | 343 | 351 | 358 | 365 | 372 | 379 | 386 | | | | | | | | | | | | | | | | | | |
| 72 | 140 | 147 | 154 | 162 | 169 | 177 | 184 | 191 | 199 | 206 | 213 | 221 | 228 | 235 | 242 | 250 | 258 | 265 | 272 | 279 | 287 | 294 | 302 | 309 | 316 | 324 | 331 | 338 | 346 | 353 | 361 | 368 | 375 | 383 | 390 | 397 | | | | | | | | | | | | | | | | | | |
| 73 | 144 | 151 | 159 | 166 | 174 | 182 | 189 | 197 | 204 | 212 | 219 | 227 | 235 | 242 | 250 | 257 | 265 | 272 | 280 | 288 | 295 | 302 | 310 | 318 | 325 | 333 | 340 | 348 | 355 | 363 | 371 | 378 | 386 | 393 | 401 | 408 | | | | | | | | | | | | | | | | | | |
| 74 | 148 | 155 | 163 | 171 | 179 | 186 | 194 | 202 | 210 | 218 | 225 | 233 | 241 | 249 | 256 | 264 | 272 | 280 | 287 | 295 | 303 | 311 | 319 | 326 | 334 | 342 | 350 | 358 | 365 | 373 | 381 | 389 | 396 | 404 | 412 | 420 | | | | | | | | | | | | | | | | | | |
| 75 | 152 | 160 | 168 | 176 | 184 | 192 | 200 | 208 | 216 | 224 | 232 | 240 | 248 | 256 | 264 | 272 | 279 | 287 | 295 | 303 | 311 | 319 | 327 | 335 | 343 | 351 | 359 | 367 | 375 | 383 | 391 | 399 | 407 | 415 | 423 | 431 | | | | | | | | | | | | | | | | | | |
| 76 | 156 | 164 | 172 | 180 | 189 | 197 | 205 | 213 | 221 | 230 | 238 | 246 | 254 | 263 | 271 | 279 | 287 | 295 | 304 | 312 | 320 | 328 | 336 | 344 | 353 | 361 | 369 | 377 | 385 | 394 | 402 | 410 | 418 | 426 | 435 | 443 | | | | | | | | | | | | | | | | | | |

Source: Adapted from Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence Report.

Recommended Daily Allowances for maintaining a healthy body weight.

| Calories (kcal) | Based on achieving a healthy body weight * | In Mary's Case, 1900 Calories |
|---------------------------------|---------------------------------------------------|--------------------------------------|
| Carbohydrates (grams) | 45 - 60 % of Total Calories | 214 - 285 g |
| Protein (grams) | 10 - 20 % of Total Calories | 48 - 95 g |
| Fat (grams) | ≤ 30 % of Total Calories | ≤ 63 g |
| Saturated Fat (grams) | < 10 % of Total Calories | < 21 g |
| Sodium (milligrams) | < 2400 Milligrams | |
| Fiber (grams) | 20 - 35 Grams | |
| Cholesterol (milligrams) | < 300 Milligrams | |

* Formulas and examples can be found on previous pages.

How do I find the number of grams equal to the Percent of Total Calories?

- (Recommended Calorie Intake multiplied by .45), then divided by 4g = Grams of **Carbohydrates** Allowed per Day (Low End of Range)
 - **For Example:**
 - $(1900 \text{ calories} \times .45) / 4 \text{ grams} = 213.75 = 214 \text{ grams}$
- (Recommended Calorie Intake multiplied by .60), then divided by 4g = Grams of **Carbohydrates** Allowed per Day (High End of Range)
- (Recommended Calorie Intake multiplied by .10), then divided by 4g = Grams of **Protein** Allowed per Day (Low End of Range)
- (Recommended Calorie Intake multiplied by .20), then divided by 4g = Grams of **Protein** Allowed per Day (High End of Range)
- (Recommended Calorie Intake multiplied by .30), then divided by 9g = Grams of **Fat** Allowed per Day
- (Recommended Calorie Intake multiplied by .10), then divided by 9g = Grams of **Saturated Fat** Allowed per Day

Summary of Exchange Values Intended for 1 Exchange (United States)

| Exchange Group | Carbohydrate | Protein | Fat | Calories |
|-----------------------------------------------|--------------|---------|-----------|----------|
| <u>Carbohydrate Group</u> | | | | |
| Starch | 15 | 3 | 1 or less | 80 |
| Fruit | 15 | - | - | 60 |
| Milk | | | | |
| <i>Fat Free</i> | 12 | 8 | 0-3 | 90 |
| <i>Reduced-Fat</i> | 12 | 8 | 5 | 120 |
| <i>Whole</i> | 12 | 8 | 8 | 150 |
| Other Carbohydrates | 15 | Varies | Varies | Varies |
| Vegetables | 5 | 2 | - | 25 |
| <u>Meat and Meat Substitutes Group</u> | | | | |
| Very Lean | - | 7 | 0-1 | 35 |
| Lean | - | 7 | 3 | 55 |
| Medium-Fat | - | 7 | 5 | 75 |
| High-Fat | - | 7 | 8 | 100 |
| <u>Fat Group</u> | - | - | 5 | 45 |

Hispanic Foods Exchange List

Grain Group

| Food | Quantity | Exchange |
|---------------|------------------|-----------------|
| Barley | 1/3 cup, cooked | 1 Starch |
| Brown Rice | 1/3 cup, cooked | 1 Starch |
| Cereal | 1/2 cup, average | 1 Starch |
| Corn Bread | 2" square | 1 Starch |
| Corn Chips | 1 oz, (1 cup) | 1 Starch |
| Corn Meal | 3 T, dry | 1 Starch |
| Corn Tortilla | 1 6" shell | 1 Starch |
| Oat | 1/2 cup, cooked | 1 Starch |
| Pasta | 1/2 cup, cooked | 1 Starch |
| Sweet Breads | 1 oz slice | 1 Starch |
| Taco Shell | 2 6" shells | 1 Starch, 1 Fat |

| | | |
|---------------|-----------------|-----------------|
| Tostada Shell | 2 shells | 1 Starch, 1 Fat |
| Wheat Bread | 1 oz slice | 1 Starch |
| White Bread | 1 oz slice | 1 Starch |
| White Rice | 1/3 cup, cooked | 1 Starch |

Vegetable Group

| Food | Quantity | Exchange |
|------------------|-----------------------|-----------------|
| Asparagus | 7 spears | 1 Vegetable |
| Black Beans | 1/3 cup | 1 Starch |
| Blue Potato | 1 medium, 7 oz | 3 Starch |
| Broccoli | 1/2 cup, cooked | 1 Vegetable |
| Cabbage | 1/2 cup, boiled | 1 Vegetable |
| Carrots | 1 large | 1 Vegetable |
| Chilies | Free | Food |
| Corn | 1/2 cup, 1 medium ear | 1 Starch |
| Eggplant | 1 cup cubes | 1 Vegetable |
| Garbanzo Beans | 1/3 cup | 1 Starch |
| Garlic | Free | Food |
| Green Peppers | 1 medium | 1 Vegetable |
| Green Tomato | 1/2 cup | 1 Vegetable |
| Jalapenos | 4 peppers | 1 Vegetable |
| Leeks | 1/2 cup | 1 Vegetable |
| Lentils | 1/2 cup | 1 Starch |
| Lima Beans | 1/2 cup | 1 Starch |
| Malanga | 1/3 cup | 1 Starch |
| Mushrooms | 8 medium | 1 Vegetable |
| Olives | 8 larger | 1 Fat |
| Onion | 1/2 cup, cooked | 1 Vegetable |
| Pea Pods | 1/2 cup, cooked | 1 Vegetable |
| Pimentos | 10 large | 1 Fat |
| Pink Beans | 1/3 cup | 1 Starch |
| Pinto Beans | 1/3 cup | 1 Starch |
| Plantains | 1/2 cup | 1 Starch |
| Purple Potato | 1 medium, 7 oz | 3 Starch |
| Red Kidney Beans | 1/3 cup | 1 Starch |
| Red Peppers | 1 medium | 1 Vegetable |
| Refried Beans | 1/3 cup | 1 Starch, 1 Fat |

| | Free | Food |
|--------------------|-----------------|-----------------|
| Scallions | | |
| Spinach | 1/2 cup, cooked | 1 Vegetable |
| String Beans | 1/3 cup | 1 Starch, 1 Fat |
| Summer Squash | 1/2 cup, cooked | 1 Vegetable |
| Sweet Potato | 1/2 medium, raw | 1 Starch |
| Tomato | 1 whole | 1 Vegetable |
| Tubers | 1/2 Cup | 1 Starch |
| Turnips | 1 cup, cooked | 1 Vegetable |
| White Potato | 1 medium | 1 Starch |
| White Sweet Potato | 1/2 cup | 1 Starch |
| Yuca | 1/2 cup | 1 Starch |
| Zuchini | 1 medium | 1 Starch |

Fruit Group

| Food | Quantity | Exchange |
|--------------|-----------------|-----------------|
| Apple | 1 (4 oz) | 1 Fruit |
| Avocado | 1/8 medium | 1 Fat |
| Banana | 1 (4 oz) | 1 Fruit |
| Cantaloupe | 1 cup cubes | 1 Fruit |
| Coconut | 1 cup, shredder | 2 Fruit, 5 Fat |
| Figs | 2 medium | 1 Fruit |
| Guava | 1 medium | 1 Fruit |
| Kiwi | 1 medium | 1 Fruit |
| Lemon | 3 medium | 1 Fruit |
| Lime | 3 medium | 1 Fruit |
| Mamey | 1/2 small | 1 Fruit |
| Mango | 1/2 cup, raw | 1 Fruit |
| Orange | 1 small | 1 Fruit |
| Papaya | 1 cup cubes | 1 Fruit |
| Pineapple | 3/4 cup | 1 Fruit |
| Raisins | 2 T | 1 Fruit |
| Raspberries | 1 cup | 1 Fruit |
| Strawberries | 1 1/4 cup | 1 Fruit |

Dairy Group

| Food | Quantity | Exchange |
|----------------|-----------------|-----------------|
| Cheddar Cheese | 1 oz | 1 High Fat Meat |

| | | |
|-------------------|---------|-----------------------------|
| Cream Cheese | 1 oz | 1 High Fat Meat |
| Crème | 2 T | 1 Fat |
| Firm White Cheese | 1 oz | 1 High Fat Meat |
| Fontina Cheese | 1 oz | 1 High Fat Meat |
| Ice Cream | 1/2 cup | 1 Other Carbohydrate, 1 Fat |
| Jack Cheese | 1 oz | 1 High Fat Meat |
| Milk – Skim | 1 cup | 1 Milk |
| Milk – 1 % | 1 cup | 1 Milk, 1/2 Fat |
| Milk – 2% | 1 cup | 1 Milk, 1 Fat |
| Milk – Whole | 1 cup | 1 Milk, 2 Fat |
| Sour Cream | 2 T | 1 Fat |
| White Mild Cheese | 1 oz | 1 High Fat Meat |
| Yogurt (Custard) | 1 cup | 1 Milk, 1 1/2 Fat |

Meat Group

| Food | Quantity | Exchange |
|--------------------|---------------|---------------------------|
| Almonds | 1 oz | 1 Medium Fat Meat, 2 Fat |
| Beef | 1 oz | 1 Medium Fat Meat |
| Chicken-white meat | 1 oz | 1 Lean Meat |
| Chorizo Sausage | 1 link | 2 High Fat Meat, 1 Fat |
| Cod | 1 oz | 1 Very Lean Meat |
| Clams | 4 Small | 1 Very Lean Meat |
| Crab | 1 oz | 1 Very Lean Meat |
| Eggs | 1 Egg | 1 Medium Fat Meat |
| Goat | 4 Small Cubes | 1 Medium Fat Meat |
| Halibut | 1 oz | 1 Very Lean Meat |
| Lamb | 1 oz | 1 Lean Meat |
| Liver | 1 oz | 1 Lean Meat |
| Lobster | 1 oz | 1 Very Lean Meat |
| Mackerel | 1 oz | 1 Medium Fat Meat |
| Peanuts | 1/4 cup | 1 Medium Fat Meat, 2 Fats |
| Pine Nuts | 25 nuts | 1 Fat |
| Pork | 1 oz | 2 High Fat Meat, 1 Fat |

| | | |
|----------|--------------|-----------------------------|
| Salmon | 1 oz | 1 Lean Meat |
| Scallops | 2 Large | 1 Very Lean Meat |
| Shrimp | 1 oz, boiled | 1 Very Lean Meat |
| Sole | 1 oz | 1 Very Lean Meat |
| Squabs | 1 oz | 1 Lean Meat |
| Turkey | 1 oz | 1 Very Lean Meat |
| Veal | 1 cutlet | 1 Lean Meat |
| Walnuts | 1 oz | 1 Medium Fat Meat, 2 Fat |

Fats, Oils, etc.

| Food | Quantity | Exchange |
|------------|------------|----------|
| Butter | 1 teaspoon | 1 Fat |
| Margarine | 1 teaspoon | 1 Fat |
| Mayonnaise | 1 teaspoon | 1 Fat |
| Olive Oil | 1 teaspoon | 1 Fat |
| Peanut Oil | 1 teaspoon | 1 Fat |
| Vinegar | 1 teaspoon | 1 Fat |

Spices

| Food | Quantity | Exchange |
|--------------|------------|-------------------|
| Anchote | 1 teaspoon | 1 Fat (saturated) |
| Adobe | Free | Food |
| Cayenne | Free | Food |
| Chili Powder | Free | Food |
| Cilantro | Free | Food |
| Taco Sauce | Free | Food |

Combination Dishes

| Food | Quantity | Exchange |
|-----------------|----------|--------------------------------------------|
| Arroz Con Pollo | 3/4 cup | 1 Starch, 1 Fat, 2 Medium Fat Meat |
| Bread Pudding | 1/2 cup | 1 1/2 Other Carbohydrates, 1 1/2 Fat |

| | | |
|--------------------------|--------------|---------------------------------------------------|
| Burrito | 1 (6 oz) | 2 Starch, 2 Medium Fat Meat, 1 Fat |
| Chili | 1 1/2 cup | 2 1/2 Other Carbohydrate, 2 Medium Fat Meat |
| Enchiladas | 1 enchilada | 1 Medium Fat Meat, 2 Starch, 1 Fat |
| Frijoles with cheese | 1 cup | 2 Starch, 2 Fat, 1 Medium Fat Meat |
| Flan | 1 cup | 3 Other Carbohydrate, 3 Fat |
| Guacamole | 2 T | 1 Fat |
| Mango Vanilla Parfait | 1 cup | 2 Starch, 1/2 Milk |
| Quesadillas | 1 quesadilla | 2 Starch, 1 Fat, 2 Medium Fat Meat |
| Salsa | Free | Food |
| Spanish Rice | 1/3 cup | 1 Starch, 1 Fat |
| Sofrito | 2 teaspoon | 1 Fat |
| Tacos (beef) | 1 taco | 1 Starch, 1-2 Fat, 2 Medium Fat Meat |
| Tamales | 2 Small | 2 Starch, 2 Fat, 1-2 Medium Fat Meat |

How do I Use the Exchange List?

Step One: Use measuring devices to portion your foods.

Step Two: Keep track of what you have consumed, by writing it down.

Step Three: Use the Exchange Graph to calculate your calories, carbohydrate, protein and fat.

For example, Mary had one enchilada and 1/3 cup of black beans for dinner.

One enchilada = 1 Medium Fat Meat, 2 Starch and 1 Fat

1/3 cup black beans = 1 Starch

| Exchange Group | Carbohydrate | Protein | Fat | Calories |
|-------------------------|--------------|---------|-----------|----------|
| Starch | 15 | 3 | 1 or less | 80 |
| Medium-Fat | - | 7 | 5 | 75 |
| <u>Fat Group</u> | - | - | 5 | 45 |

*3 Starch = Carbohydrate: $15(3) = 45$, Protein: $3(3) = 9$,
Fat: $1(3) = 3$, Calories: $80(3) = 240$.*

*1 Medium Fat Meat = Carbohydrate: 0, Protein: 7,
Fat: 5, Calories: 75.*

*1 Fat = Carbohydrate: 0, Protein: 0,
Fat: 5, Calories: 45.*

Step 4: Add up all carbohydrates, protein, fat and calories from one meal.

Carbohydrate: $45 + 0 + 0 = 45$ grams

Protein: $9 + 7 + 0 = 16$ grams

Fat: $3 + 5 + 5 = 13$ grams

Calories: $240 + 75 + 45 = 360$ calories

These values represent Mary's intake for one meal (dinner).

- **With practice, the exchange system will become easier.**
- **You will begin to memorize the values and portions with continuous use.**
- **Do not forget to use the BMI chart and other calculations throughout your progress to monitor your success.**
- **Good Luck!**

Low Fat Favorites

Featuring

Low-fat

Hispanic Recipes

and

Nutrition Information

Breakfast Tortilla Wrap

- Vegetable oil spray
- Egg substitute equivalent to 2 eggs
- 1/8 teaspoon black pepper
- 4 6-inch nonfat or low-fat flour tortillas
- 1 cup fat-free shredded potatoes
- ½ red bell pepper, diced
- ¼ cup chopped Canadian bacon
- ¼ teaspoon salt
- 1/8 teaspoon black pepper
- Vegetable oil spray
- ¼ cup nonfat or low-fat Cheddar cheese, shredded

1. Preheat oven to 350 degrees F.
2. Spray a small nonstick skillet with vegetable oil spray. Heat skillet over medium-low heat. Pour egg substitute into skillet and add 1/8 teaspoon black pepper. Cook, stirring occasionally, for 3-4 minutes, or until eggs are cooked through. Set aside.
3. Wrap tortillas in aluminum foil and warm in oven for 5 minutes.
4. Meanwhile, in a medium bowl, mix potatoes, bell pepper, Canadian bacon, salt, and remaining black pepper.
5. Spray a medium-size nonstick skillet with vegetable oil spray. Heat over medium-high heat.
6. Using a rubber spatula, spread potato mixture evenly over the bottom of the skillet. Cook for 6-7 minutes on one side, or until potatoes are a light golden brown. Turn potato mixture over with a spatula and cook for 5-6 minutes.
7. To assemble using flour tortillas, layer ingredients vertically down the middle of a tortilla as follows: ¼ of the scrambled eggs, ¼ of the potato mixture, and ¼ of the cheese. Fold the left third of the tortilla to the center. Roll the bottom edge all the way up to the top. Repeat with remaining tortillas. Serves 4.

Nutrition Information for one serving:

| | |
|---------------|--------|
| Calories | 142 |
| Protein | 9 g |
| Carbohydrates | 19 g |
| Total Fat | 3 g |
| Saturated Fat | 1 g |
| Cholesterol | 5 mg |
| Sodium | 281 mg |

Mango Vanilla Parfait

- 1/2 (4 serving size) package vanilla pudding mix
 - 1 1/4 cups fat free milk
 - 1/2 cup cubed mango
 - 2 large strawberries, sliced
 - 3 sugar-free shortbread cookies, crumbled or 2 T reduced-fat granola
1. Prepare pudding according to package directions using 1 1/4 cups milk.
 2. In parfait glass or small glass bowl, layer quarter of pudding, half of mango, half of strawberries and quarter of pudding. Repeat layers in second parfait glass. Refrigerate 30 minutes.
 3. Just before serving, top with cookie crumbs or granola. Serves 2.

Nutrition Information for one serving:

| | |
|---------------|--------|
| Calories | 153 |
| Protein | 6 g |
| Carbohydrates | 29 g |
| Total Fat | 1 g |
| Saturated Fat | 1 g |
| Cholesterol | 3 mg |
| Sodium | 129 mg |

Fresh and Chunky Salsa

- 1 (14 1/2 oz) can chopped tomatoes
 - 1/2 cup chopped green or yellow bell pepper
 - 2 green onions, sliced
 - 2 T white wine vinegar
 - 1/2 teaspoon ground cumin
 - 1/2 teaspoon bottled minced garlic
 - Few dashes bottled red hot pepper sauce
1. In a bowl, stir together all ingredients.
 2. Serve with tortilla chips with no added fat. Serves 8; 1/4 cup per serving.

Nutrition Information for one serving:

| | |
|---------------|-------|
| Calories | 15 |
| Protein | 1 g |
| Carbohydrates | 3 g |
| Total Fat | 0 g |
| Saturated Fat | 0 g |
| Cholesterol | 0 mg |
| Sodium | 85 mg |

Guacamole Salad

- 2 T fresh lime juice (about 2 medium limes)
- 1 teaspoon acceptable vegetable oil
- 1 clove garlic, minced
- 1/4 teaspoon chili powder
- 1/8 teaspoon ground cumin
- 1/8 teaspoon black pepper
- Dash of cayenne
- 1 medium avocado, peeled, seeded, and diced
- 2 plum tomatoes, diced
- 1/2 small red onion, chopped
- 4 cups shredded iceberg lettuce (about 1/2 head)

1. In a small bowl, combine the lime juice, vegetable oil, garlic, chili powder, cumin, black pepper, and cayenne. Set aside.
2. In a large mixing bowl, combine the avocado, tomatoes and red onion. Place shredded lettuce on four plates, divide the avocado mixture among the plates, and top with the reserved dressing. Serves 4; 1/2 cup guacamole and 1 cup lettuce per serving.

Nutrition Information for one serving:

| | |
|---------------|-------|
| Calories | 106 |
| Protein | 2 g |
| Carbohydrates | 9 g |
| Total Fat | 8 g |
| Saturated Fat | 1 g |
| Cholesterol | 0 mg |
| Sodium | 20 mg |

Vegetable Bean Soup

- 1 pound dried navy beans
- 8 cups water
- 1/2 cup dry red wine
- 2 teaspoons dried basil
- 1 1/2 teaspoons salt
- 1 teaspoon dried marjoram
- 1/4 teaspoon pepper
- 2 cups chopped onion
- 2 cups sliced zucchini
- 1 cup chopped celery
- 1 cup chopped red bell pepper
- 1 cup sliced carrot
- 6 garlic cloves, minced

- 1 (6 oz) can tomato paste
- 1/3 cup grated fresh Romano cheese

1. Sort and wash beans. Place beans in a large, heavy pot. Cover with water to 2 inches above beans; bring to a boil. Cook 2 minutes. Remove from heat; cover and let stand 1 hour.
2. Drain beans; return to pan. Add 8 cups water and next five ingredients (water through pepper); bring to a boil. Cover, reduce heat and simmer for 1 1/2 hours.
3. Add onion and next 5 ingredients (onion through garlic); simmer, uncovered, 50 minutes or until vegetables are tender.
4. Stir in tomato paste; cook an additional 10 minutes. Ladle soup into bowls and sprinkle with cheese. Serves 10.

Nutrition Information for one serving:

| | |
|---------------|--------|
| Calories | 235 |
| Protein | 14 g |
| Carbohydrates | 38 g |
| Total Fat | 3 g |
| Saturated Fat | 1.5 g |
| Cholesterol | 8 mg |
| Sodium | 419 mg |

Tortilla Soup

- 1/2 cup onions, chopped
- 1/2 cup green chilies, chopped
- 4 cups chicken broth
- 2 cups long-grain white rice, cooked
- 1 1/4 cup diced tomatoes, undrained
- 5 oz chicken breast strips, cooked and cubed
- 1 teaspoon lime juice
- Low fat tortilla chips

1. In a large saucepan, cook onions and chilies until tender.
 2. Add broth, rice, tomatoes and chicken cubes.
 3. Mix well; bring to a boil. Reduce heat. Cover and simmer for 20 minutes.
 4. Stir in lime juice. Ladle soup into bowls and top each serving with tortilla chips.
- Serves 10.

Nutrition Information for one serving:

| | |
|---------------|-------|
| Calories | 169 |
| Protein | 7 g |
| Carbohydrates | 32 g |
| Total Fat | 7 g |
| Saturated Fat | 2.5 g |

| | |
|-------------|--------|
| Cholesterol | 9 mg |
| Sodium | 796 mg |

Vegetarian Skillet Chili

- 1 T olive oil
- 1 onion, chopped
- 2 green bell peppers, seeded and chopped
- 2 T chili powder
- 1 cup water
- 2 (15 oz) canned pinto beans, drained
- 2 (15 oz) stewed tomatoes, Mexican style
- 3 cups fat-free Monterey Jack cheese, shredded

1. Over medium-high heat, pour oil into ovenproof skillet.
2. Sauté onion and bell peppers until lightly browned, stirring occasionally
3. Add chili powder and cook another minute.
4. Pour drained beans, tomatoes, and water into the skillet.
5. Bring mixture to a boil over high heat.
6. Simmer on medium heat until thickened, approximately 20 minutes.
7. Sprinkle chili with cheese and broil in the oven until cheese is melted, about 2 minutes. Serves 4.

Nutrition Information for one serving:

| | |
|---------------|---------|
| Calories | 456 |
| Protein | 41.5 g |
| Carbohydrates | 60.2 g |
| Total Fat | 6.4 g |
| Saturated Fat | 3 g |
| Cholesterol | 8 mg |
| Sodium | 1277 mg |

Spicy Spanish Rice

- 1 teaspoon canola oil
- 1 cup uncooked white rice
- 1 medium onion, chopped
- 2 cups chicken stock
- 1 cup tomato salsa

1. Heat large skillet over medium-high heat until hot. Add oil; swirl to coat skillet.
2. Add rice, cook and stir until lightly browned. Remove rice to small bowl.
3. Add onion to same skillet, cook and stir until onion is translucent.

4. Add stock and salsa to skillet; return rice to skillet. Bring to a boil. Reduce heat to low; cover and simmer until liquid is absorbed and rice is tender. Serves 4.

Nutrition Information for one serving:

| | |
|---------------|--------|
| Calories | 225 |
| Protein | 7 g |
| Carbohydrates | 44 g |
| Total Fat | 1 g |
| Saturated Fat | <1 g |
| Cholesterol | mg |
| Sodium | 328 mg |

Puerto Rican Sofrito Beans with Rice

- 1 green bell pepper, finely chopped
- 1 small onion, finely chopped
- 1/2 cup fresh cilantro, finely chopped
- 2 T olive oil
- 1 T bottled minced garlic
- 1 1/4 teaspoons salt
- 1 teaspoon ground cumin
- 1/4 teaspoon ground red pepper
- 2 medium tomatoes, chopped
- 1 (8 oz) can tomato sauce
- 1 (15 oz) can black beans, rinsed and drained
- 2 cups water
- 1 cup uncooked long-grain rice

1. Heat 2 T oil in large skillet over medium-high heat. Add bell pepper, onion and cilantro, garlic, 1/2 teaspoon salt, cumin and ground red pepper; cook 5 minutes.
2. Stir in tomatoes and tomato sauce; cook 5 minutes.
3. Stir in beans; cook 5 minutes.
4. Combine water, rice and remaining 3/4 teaspoon salt in medium saucepan. Bring to a boil over high heat. Reduce heat to low; cover and simmer 20 minutes or until water is absorbed.
5. While rice is cooking, heat bean mixture in large saucepan over low heat, stirring occasionally, until heated through. Serve bean mixture with rice. Serves 8.

Nutrition Information for one serving:

| | |
|---------------|------|
| Calories | 229 |
| Protein | 8 g |
| Carbohydrates | 41 g |
| Total Fat | 6 g |
| Saturated Fat | 1 g |

| | |
|-------------|---------|
| Cholesterol | 0 mg |
| Sodium | 1058 mg |

Low Fat Frijoles (Mexican Baked Beans)

- 1 pound dried pinto beans
 - 5 cups water
 - 1 medium onion, peeled and diced
 - 1 teaspoon salt
1. Rinse beans. Place beans and onion in a large pot with the water.
 2. Cover and simmer over low heat for at least 2 1/2 hours.
 3. Add salt when beans are done cooking. Serves 10; 2/3 cup per serving.

| | |
|---------------|--------|
| Calories | 161 |
| Protein | 10 g |
| Carbohydrates | 30 g |
| Total Fat | .6 g |
| Saturated Fat | 0 g |
| Cholesterol | 0 mg |
| Sodium | 219 mg |