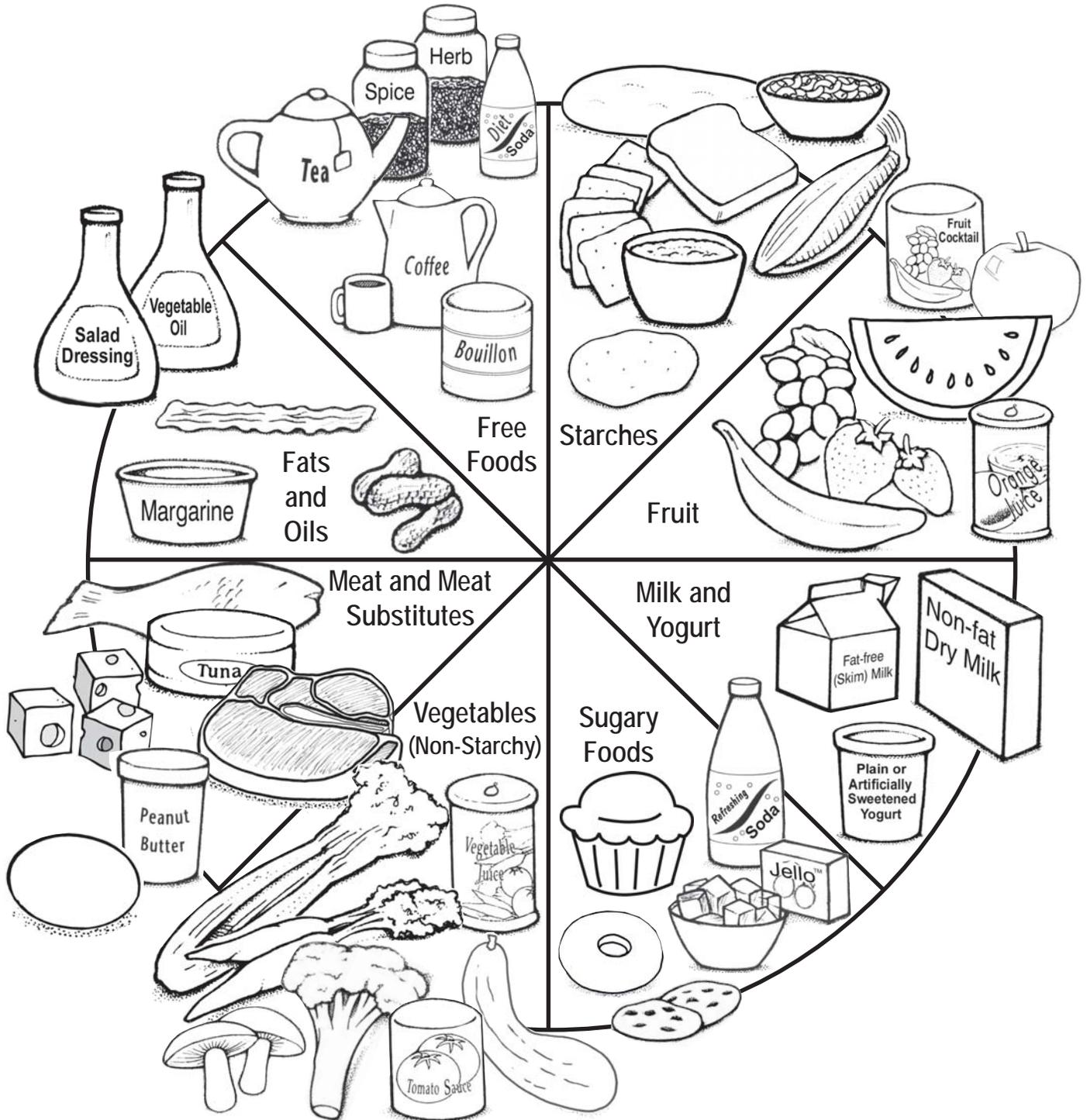
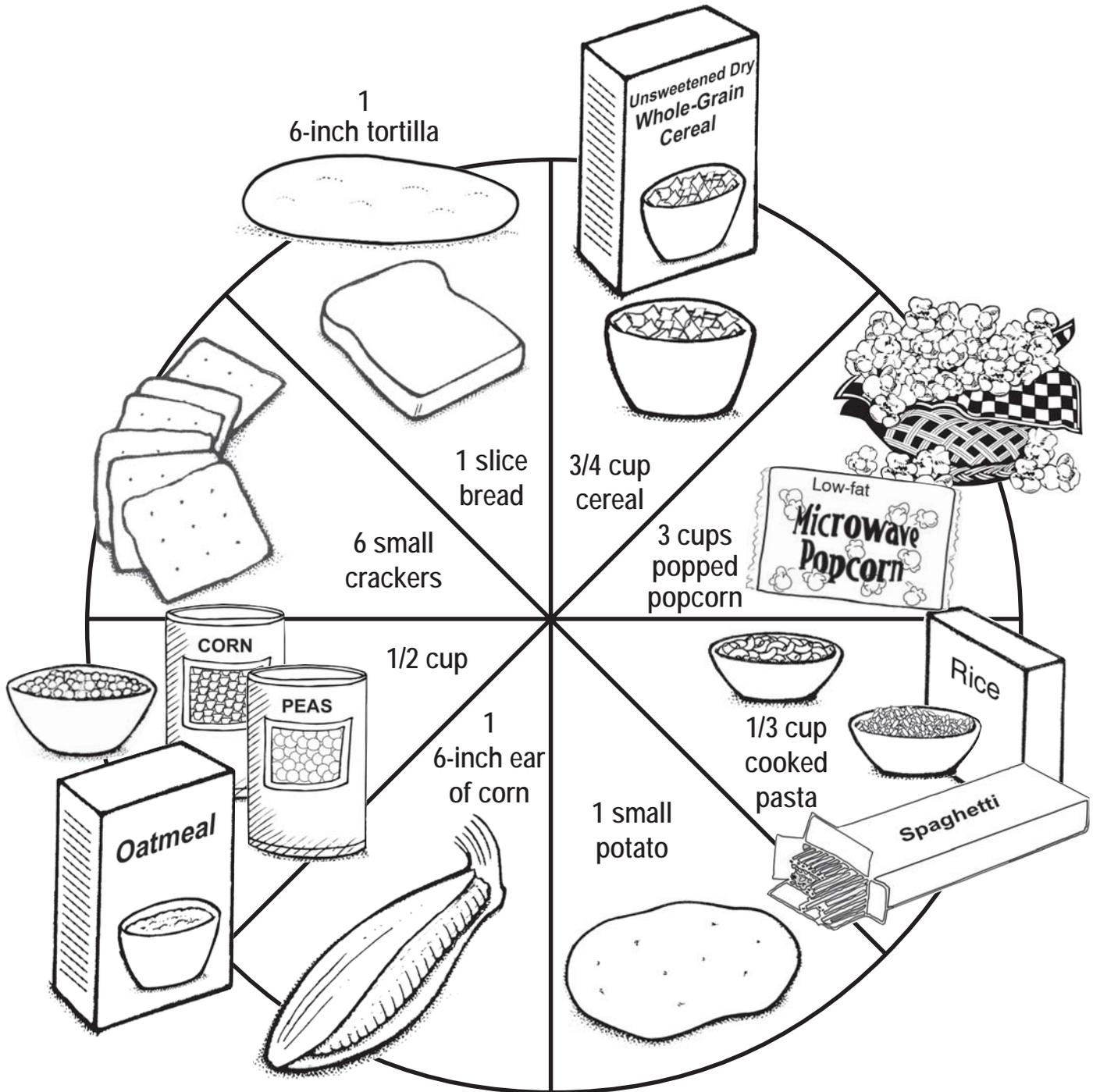


Exchange Lists



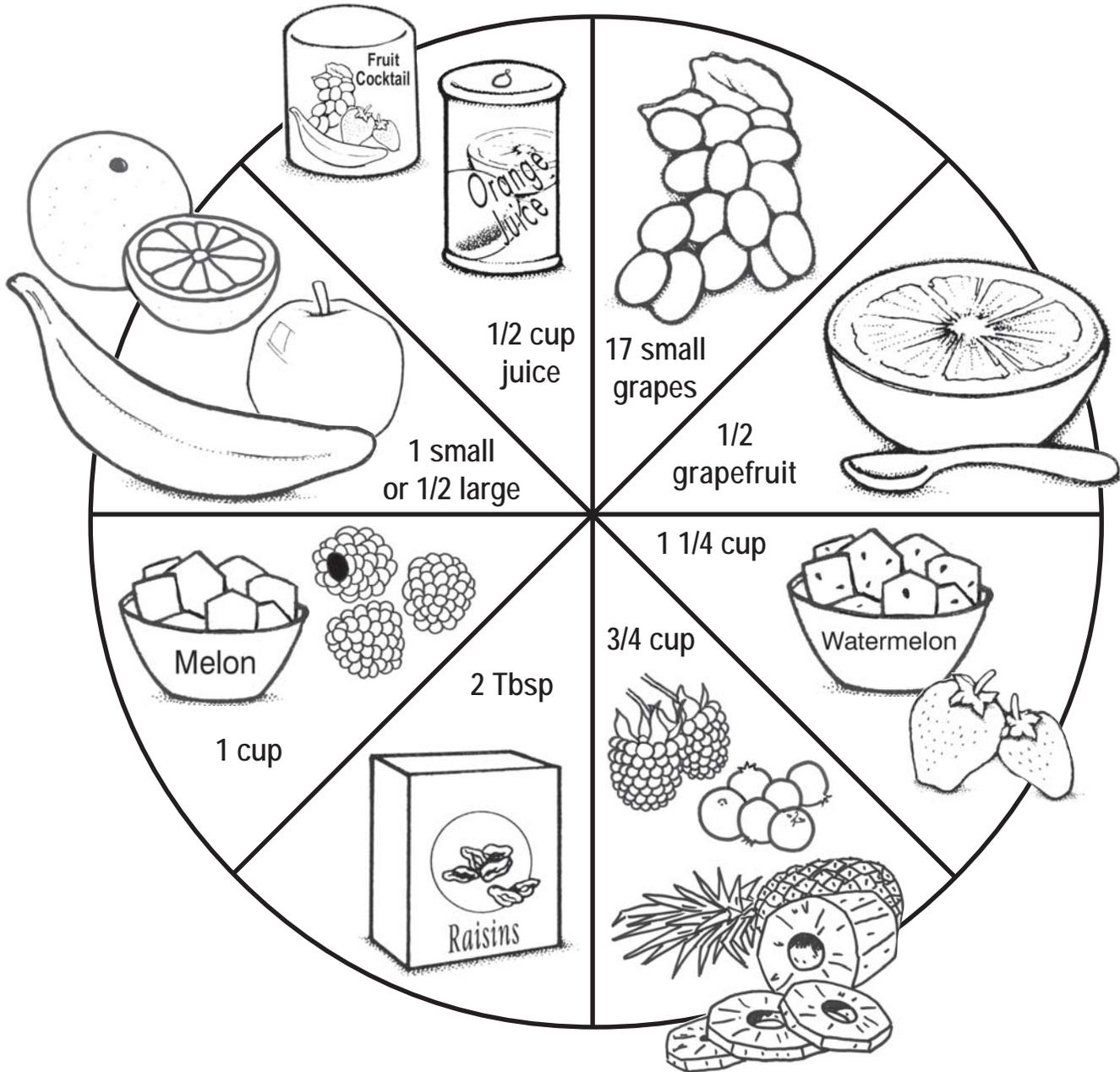
Starches Exchange List



Amounts listed = One exchange



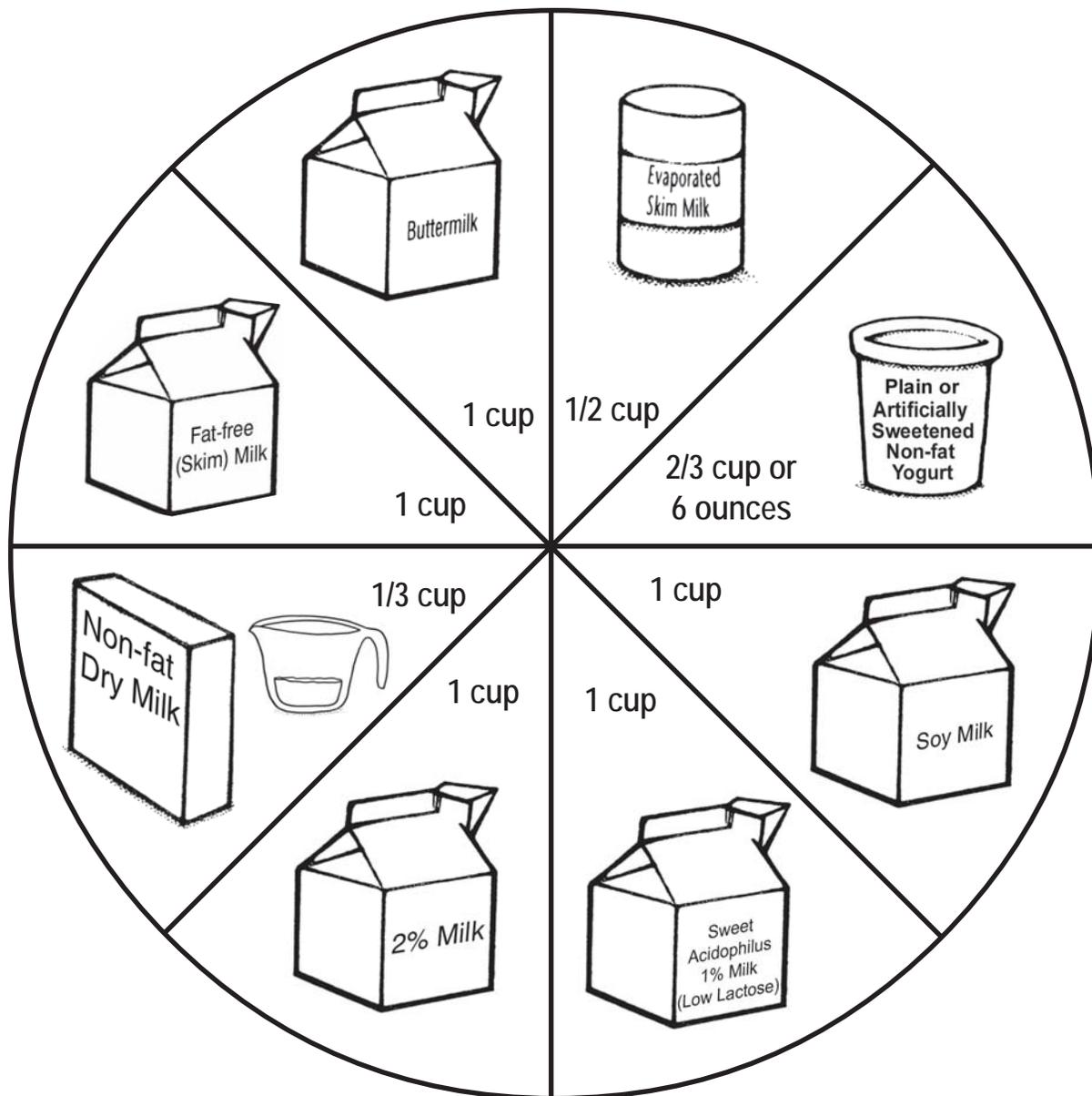
Fruit Exchange List



Amounts listed = One exchange

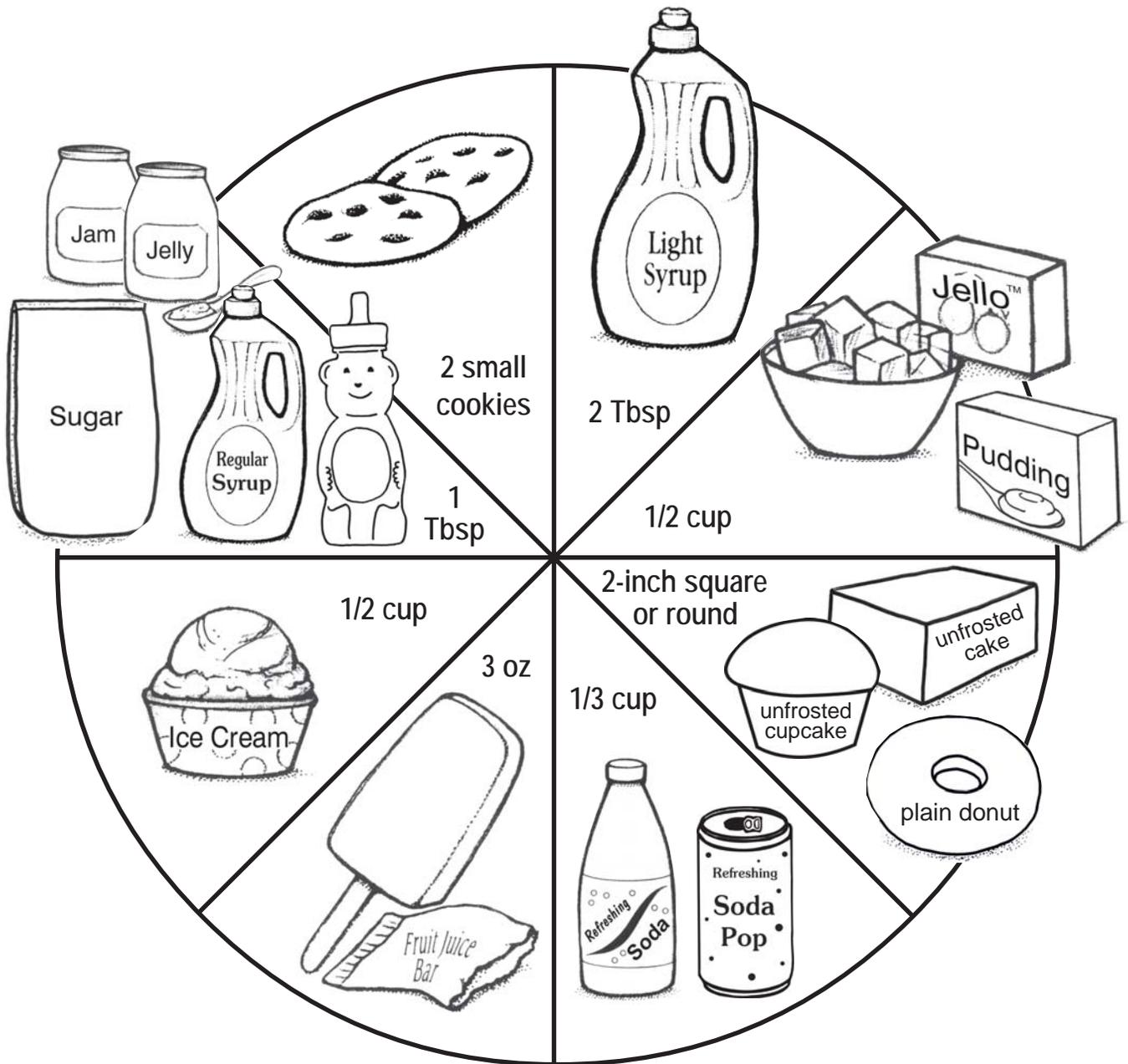


Milk and Yogurt Exchange List



Amounts listed = One exchange

Sugary Foods Exchange List

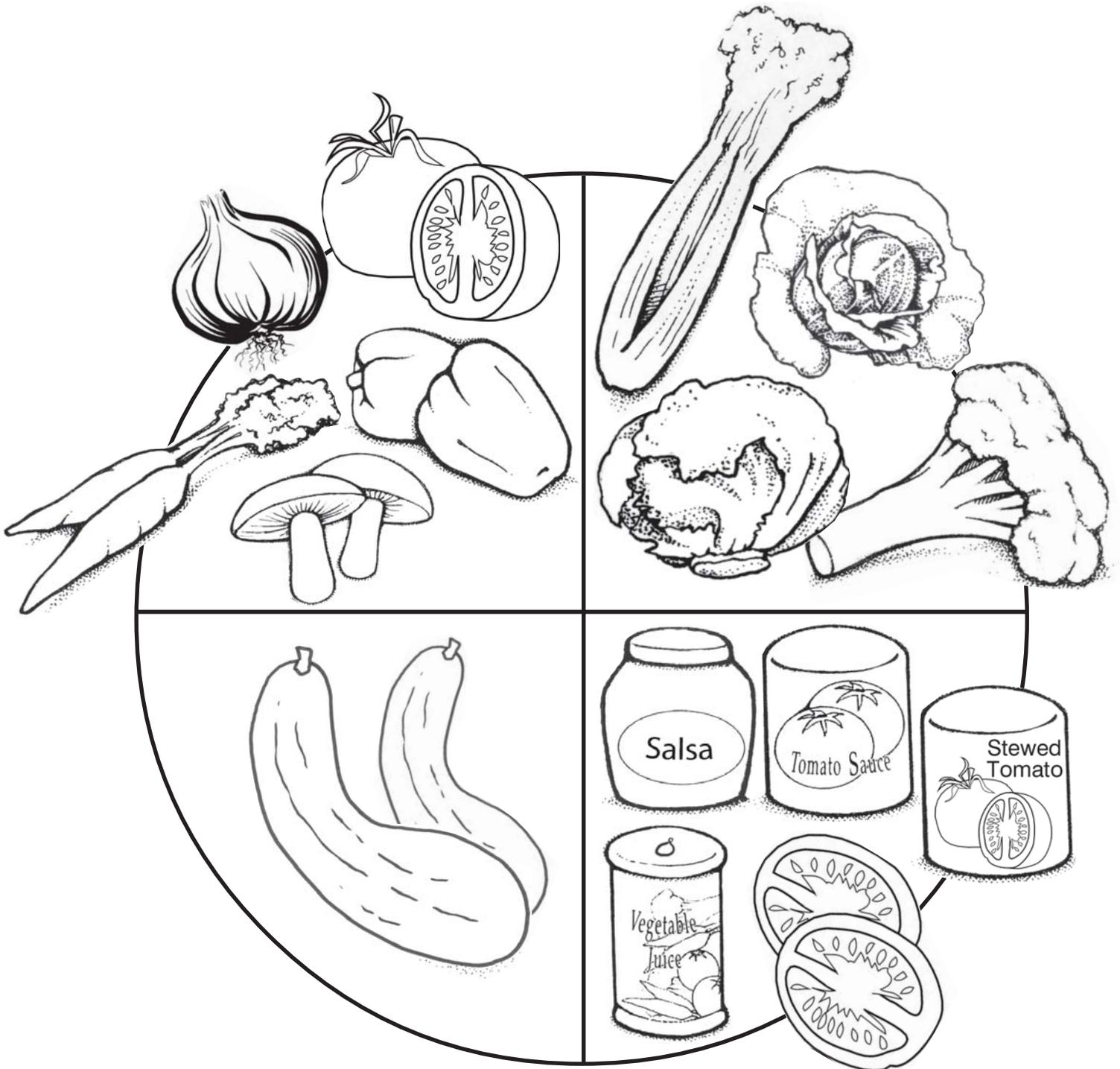


Amounts listed = One exchange

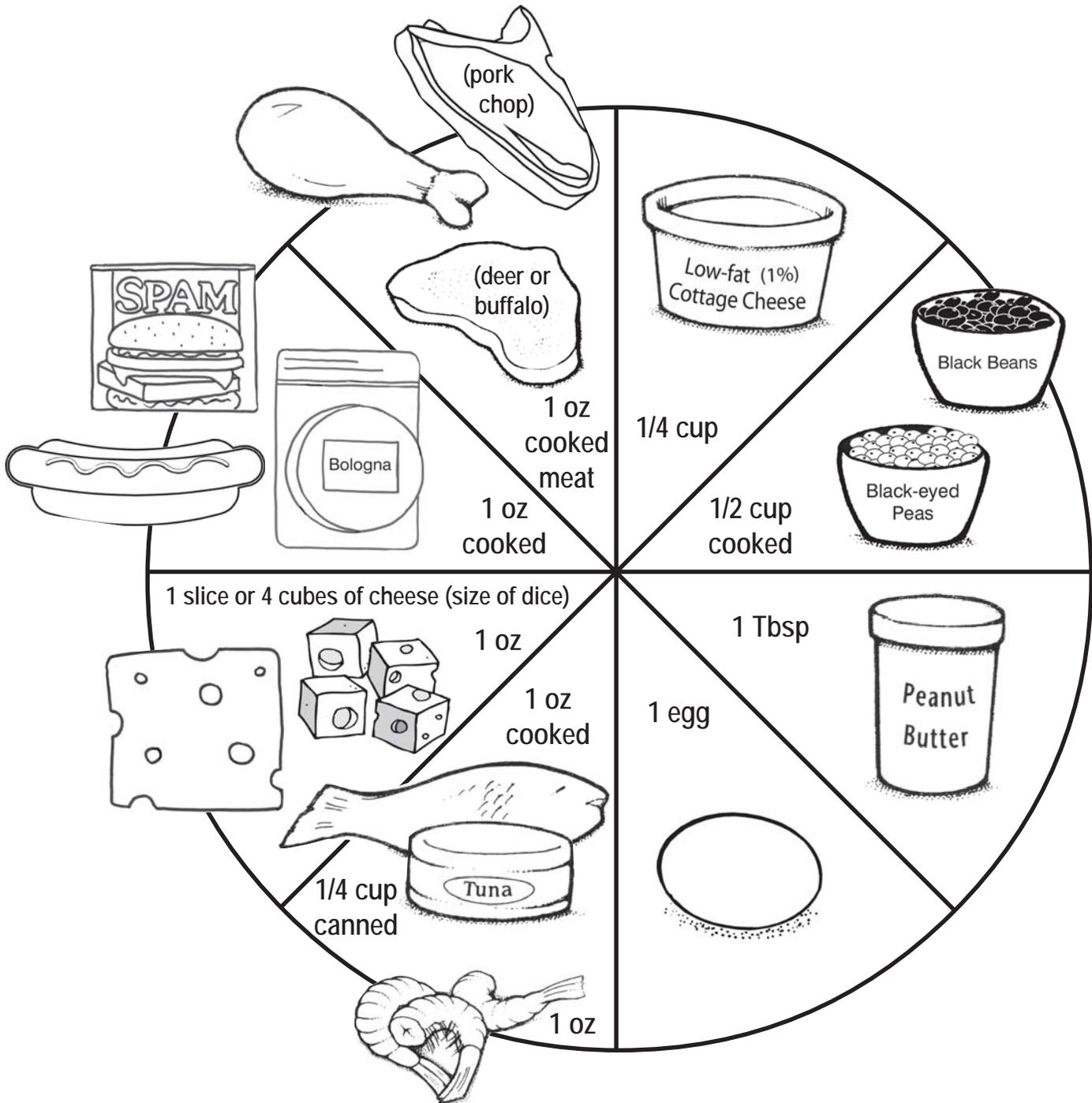


Vegetables (Non-Starchy) Exchange List

One vegetable exchange is 1/2 cup cooked or 1 cup raw



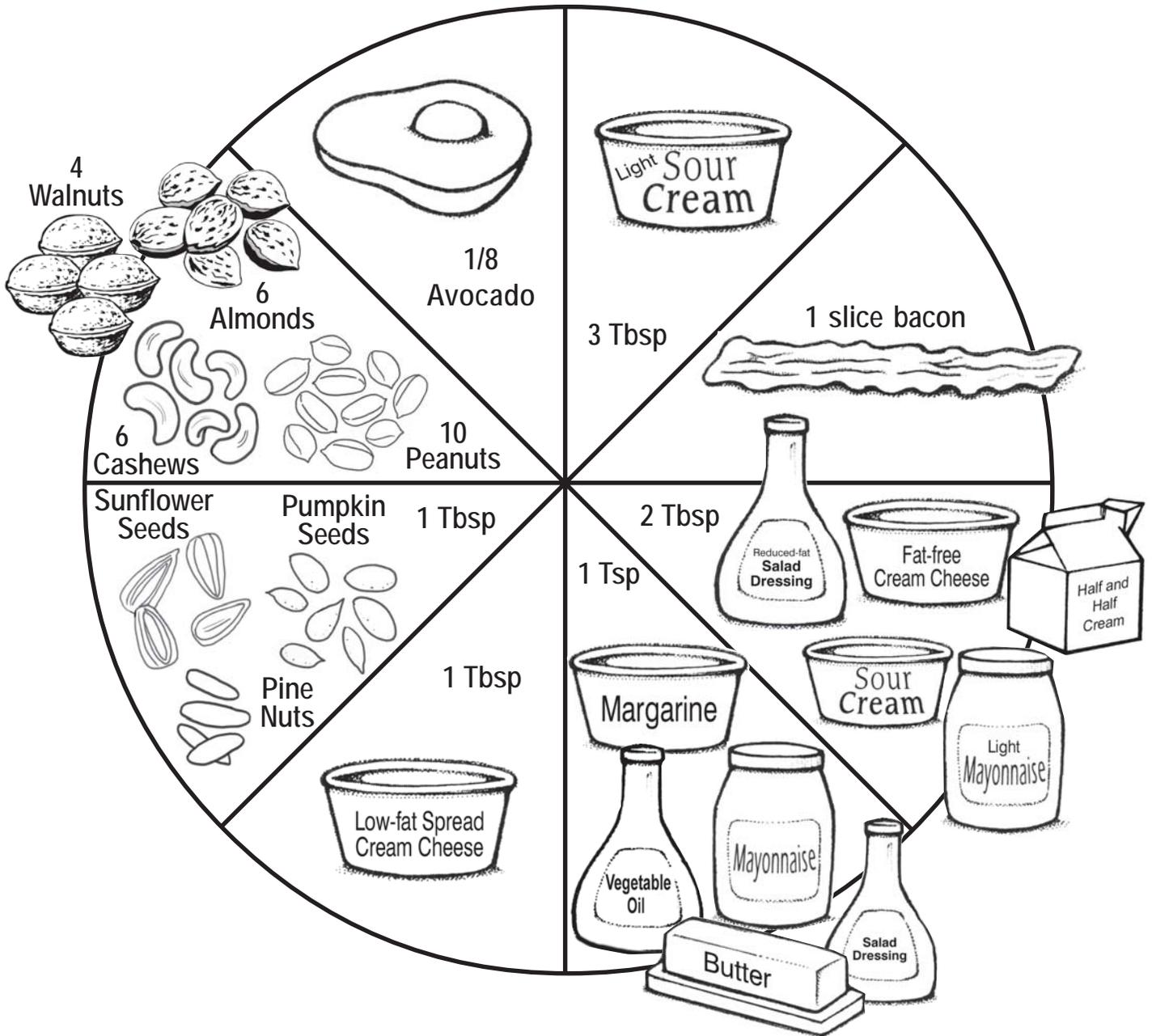
Meat and Meat Substitutes Exchange List



Amounts listed = One exchange



Fats and Oils Exchange List

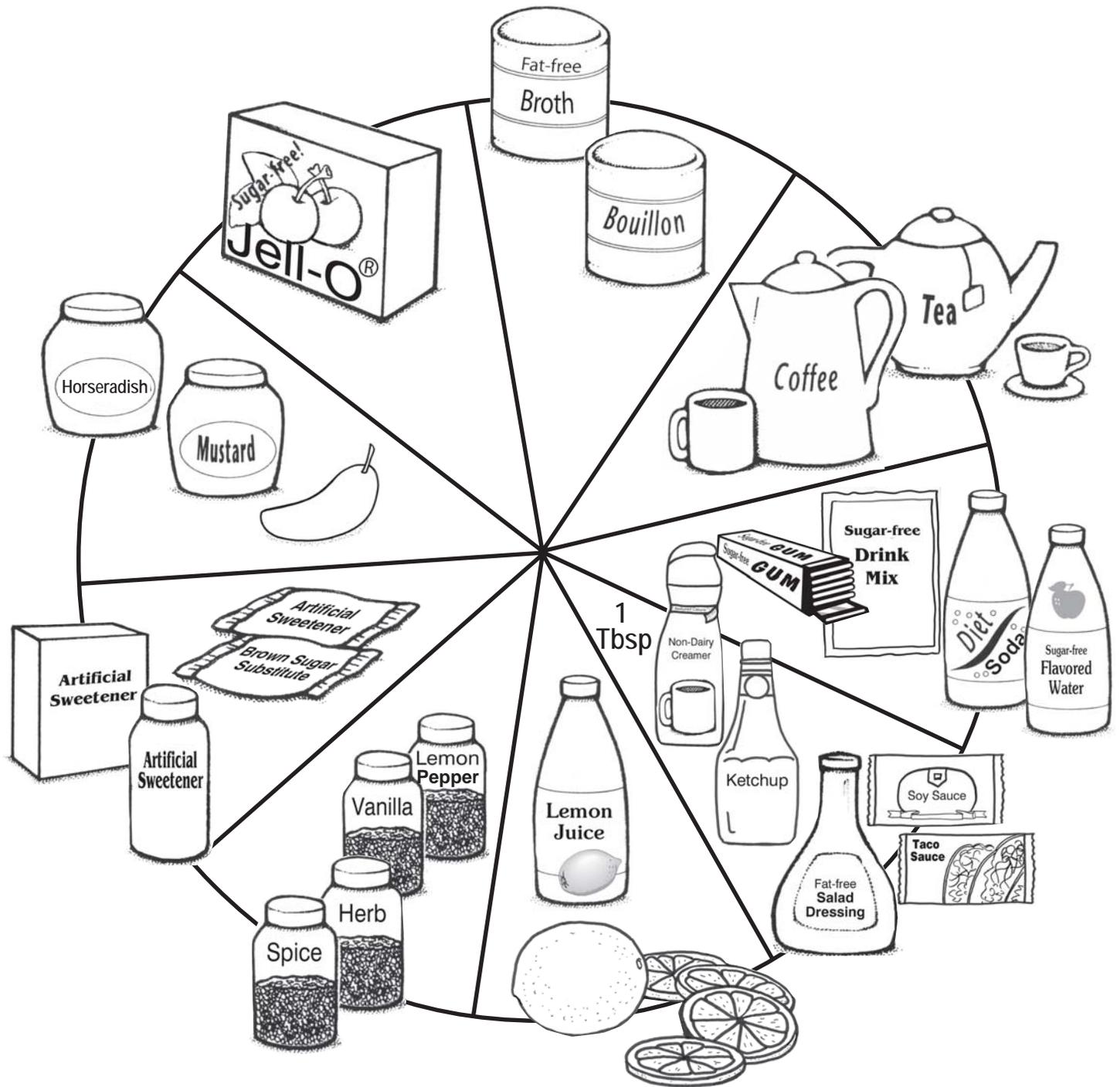


Amounts listed = One exchange





Free Foods Exchange List





Portion Sizes You Will Understand



What does a half cup of vegetables look like? How much is 3 ounces of chicken?

Here are some tips to help you choose your portion size:

- **a medium potato is about the size of a computer mouse**
- **an average bagel is about the size of a hockey puck**
- **a cup of fruit, vegetable or pasta is the size of a baseball or tennis ball**
- **a cup of lettuce is four lettuce leaves**
- **3 ounces of meat is the size of a cassette tape or deck of cards**
- **3 ounces of fish is the size of a checkbook**
- **one ounce of cheese is the size of 4 small dice**
- **one tablespoon of peanut butter is the size of three small dice**
- **one ounce of snack foods, such as pretzels, is one rounded handful**
- **an average pancake or waffle is the size of a CD or DVD**





Changes I Can Make



I am:

- Thinking about it
- Ready to start
- Doing it now
- Doing it for 6 months

My long-term goal is:

My short-term goal is: (Be specific about what, when, how and where)

I will ask (Who?) _____ for support by helping me in this way:
(Be specific about what they can do to help you)

I will check regularly to see if I reach my goal by:

When I reach my short-term goal my reward will be:

Signature

Date

