



**PPN**

# SAMPLE FOOD EXCHANGE LIST

Sample Exchange List Common Foods					
Protein Category					
Food	Serving Size	Pro (gms)	Carb (gms)	Fat (gms)	Calories
PPN Whey Protein	1 Scoop	20	3	2	110
Chicken Breast - Skinless	3 oz	26.4	0	3	140
Ground Turkey - Lean	3 oz	16.5	0	5.25	113
Fish-Tilapia	4 oz	22.7	0	1.9	108
Beef-Sirloin (Trimmed)	3 oz	25.8	0	5.3	158
Beef-Ground (Lean 90%)	3 oz	23	0	9	182
Egg, White - Large	1	3.6	0.2	0.1	17
Egg, Whole - Large	1	6.3	0.4	5	74
Carbohydrate Category					
Food	Serving Size	Pro (gms)	Carb (gms)	Fat (gms)	Calories
Oatmeal - Cooked	1 cup	5.9	28.1	3.6	166
Rice - Steamed Brown	1 cup	4.5	45.8	1.6	218
Sweet Potato - Baked	1 cup	4	41.4	0.3	180
Yam - Baked	1 cup	2	37.5	0.2	158
Potato - Baked	Medium	4.3	36.6	0.2	161
Ezekiel Bread	1 slice	4	14	0.5	80
Quinoa - Cooked	1 cup	8.1	39.4	3.6	222
Vegetables Category					
Food	Serving Size	Pro (gms)	Carb (gms)	Fat (gms)	Calories
Broccoli - Cooked	1/2 cup	1.9	5.6	0.3	27
Green Beans	1/2 cup	1	4	0	20
Spinach - Raw	1 cup	0.9	1.1	0.1	7
Asparagus	1 cup	4.3	7.4	0.4	44
Zucchini - Chopped	1 cup	1.5	4.2	0.2	20
Mixed Vegetables	1/2 cup	2.6	11.9	0.1	59
Fruit Category					
Food	Serving Size	Pro (gms)	Carb (gms)	Fat (gms)	Calories
Avacado	1/4 cup	0.7	3	5.25	59
Apple	Medium	0.4	19	0.3	72
Orange	Large	1.7	21.6	0.2	86
Banana	Medium	1.3	27	0.4	105
Peach	Medium	1.4	15	0.4	61
Pineapple	1 cup	0.8	20.3	0.2	78
Melon	1 cup	1.5	14.4	0.3	60