Meat and products 5.

Each serving equals 30 grams of cooked meat or 2 Tbsp separate into 4 types.

Type 1 Very low fat meat

1 serving contains 7 grams of protein, 0 - 1 gram of fat and 35 kcal.



Type 2 Low fat meat (Lean meat)

1 serving contains 7 grams of protein, 3 grams of fat and 55 kcal.



Type 3 Medium fat meat

1 serving contains 7 grams of protein, 5 grams of fat and 75 kcal.





Soybean milk (no sugar)

Whole egg

Soft tofu

Type 4 High fat meat

Tofu

1 serving contains 7 grams of protein, 8 grams of fat and 100 kcal.



Bacon White pork sausage

Chinese sausage

Each serving equals approximately 1 tsp contains 0 gram of carbohydrate and protein, 5 grams of fat and 45 kcal separate into 3 types.

Peanut oil

Sunflower oil

Palm oil

Type 1 Monounsaturated Fats

Rice bran oil Olive oil Peanut Sesame Type 2 Polyunsaturated Fats

Soybean oil Corn oil Salad dressing Margarine

Type 3 Saturated Fats

Animals oil Lard Butter Cream

oil 1 tsp

Coconut milk/Grated coconut meat

Seeds of sunflower or pumpkin





Peanut 3 pods (10 seeds)

Cooked bacon

Canola oil

Nuts (Almonds/Cashews/Macadamias)

By

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Faculty of Medicine Siriraj Hospital **Mahidol University**



Thai Food Exchange Lists



Siriraj Diabetes Center; SiDC

Faculty of Medicine Siriraj Hospital Mahidol University

Thai Food Exchange Lists

- The food exchange lists are divided into six food groups.
- The classification of foods that contains similar nutrients are gathered into one list.
- Foods belong to the same list contains the same kinds of nutrients and nearly the same energy value per serving.
- The food can be exchanged as long as the number of servings are kept equal.

The food exchange lists can help you...

- To get healthy food choices.
- To compose well balance meals easily.

Milk and products

Type of milk	Carbohydrate (grams)	Protein (grams)	Fat (grams)	Energy (kcal)
Whole milk	12	8	8	150
Low fat milk	12	8	5	120
Skim milk	12	8	0	80

Each serving equals 240 ml or 1 cup or 1 carton

(approximately 225 - 250 ml) separate into 3 types.

Other

- 1 cup of yogurt
- 5 Tbsp of milk powder

Each serving equals 1 ladle of cooked vegetables or 2 ladle of raw vegetables separate into 2 types.

Type A. Non – starchy Vegetables (no energy)

Chinese cabbage	Morning glory	White gourd	Lotus stem
Cabbage	Basil	Aubergine	Cucumber
Luffa gourd	Sea weed	Young ginger	Cherry tomato

Type B. Starchy vegetables 1 serving contains 5 grams of carbohydrate, 2 grams of protein, non - fat and 25 kcal. Pumpkin Yard - long bean Carrot Agasta Mushrooms Bamboo shoot Bean sprouts Water mimosa Kale Broccoli Green papaya Onion



For example; 1 ladle of vegetables

Fruits 3.

Each serving contains 15 grams of carbohydrate (non protein and fat) and 60 kcal.

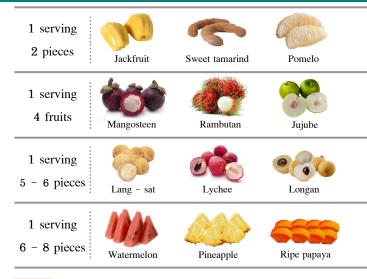






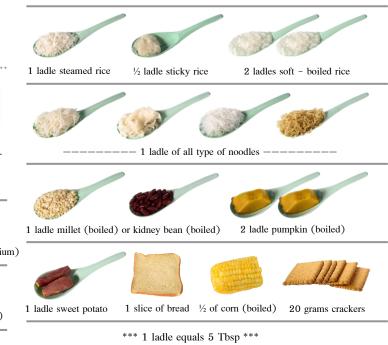


Cultivated banana Apple (small) Orange (large) Durian (small)



Grains and starches 4

Each serving equals approximately 1 ladle contains 18 grams of carbohydrate, 2 grams of protein, non - fat and 80 kcal.



For example; 1 cup of milk