

## 5. Meat and products

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.



### Type 4 High fat meat

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



## 6. Oils and fats

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

### Type 1 Monounsaturated Fats

Rice bran oil Olive oil Peanut oil Canola oil  
Peanut Sesame Nuts (Almonds/Cashews/Macadamias)

### Type 2 Polyunsaturated Fats

Soybean oil Corn oil Sunflower oil  
Salad dressing Margarine Seeds of sunflower or pumpkin

### Type 3 Saturated Fats

Lard Animals oil Palm oil Cooked bacon  
Butter Cream Coconut milk/Grated coconut meat



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## Thai Food Exchange Lists



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## 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.

## 1. Milk and products

Each serving equals 240 ml or 1 cup or 1 carton (approximately 225 - 250 ml) separate into 3 types.

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

### Other

- 1 cup of yogurt
- 5 Tbsp of milk powder



For example; 1 cup of milk

## 2. Vegetables

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.

Carrot	Pumpkin	Agasta	Yard - long bean
Mushrooms	Bamboo shoot	Bean sprouts	Water mimosa
Kale	Broccoli	Green papaya	Onion



For example; 1 ladle of vegetables

## 3. Fruits

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

1 serving				
A half	Banana (large)	Guava (medium)	Dragon fruit	Mango (medium)

1 serving				
1 fruit	Cultivated banana	Apple (small)	Orange (large)	Durian (small)

1 serving			
2 pieces	Jackfruit	Sweet tamarind	Pomelo

1 serving			
4 fruits	Mangosteen	Rambutan	Jujube

1 serving			
5 - 6 pieces	Lang - sat	Lychee	Longan

1 serving			
6 - 8 pieces	Watermelon	Pineapple	Ripe papaya

## 4. Grains and starches

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

1 ladle steamed rice	½ ladle sticky rice	2 ladles soft - boiled rice

----- 1 ladle of all type of noodles -----			

1 ladle millet (boiled) or kidney bean (boiled)	2 ladle pumpkin (boiled)		

1 ladle sweet potato	1 slice of bread	½ of corn (boiled)	20 grams crackers

\*\*\* 1 ladle equals 5 Tbsp \*\*\*