

PORTION SIZES

A serving is:

1 oz. = 1/3 palm size



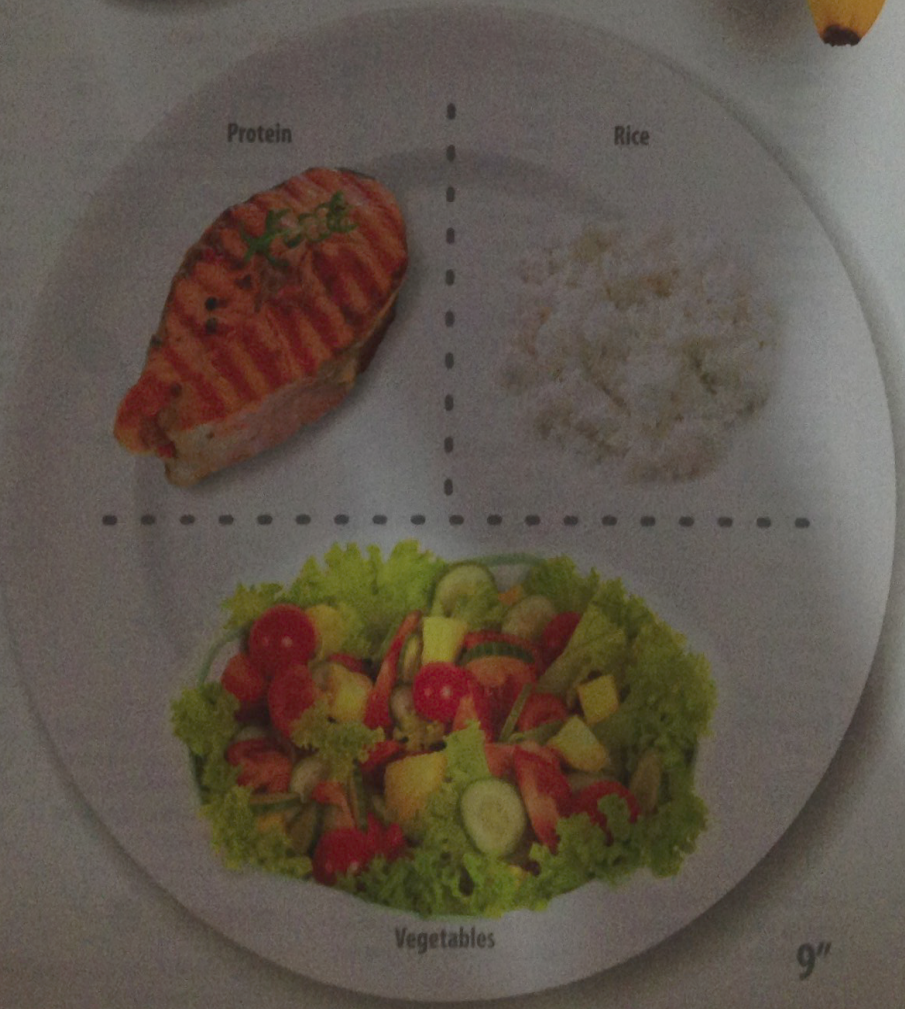
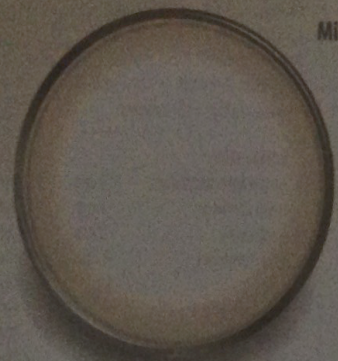
1 cup = a fist (woman's fist)



1 Tbsp = 1 thumb



1 tsp = a thumb tip



30 minutes of activity	Your weight	Your weight
	150 lbs	200 lbs
	Calories Burned	Calories Burned
Playing catch	85	85
Basketball, shooting baskets	153	153
Bicycling - moderate	272	272
Bowling	102	102
Dancing	153	153
Gardening	136	136
Golf - riding in cart	119	119
Pushing baby stroller	85	85
Running		
5mph (12 min. per mil)	272	272
Swimming, leisure, no laps	204	204
Tai Chi	136	136
Washing car	102	102
Walking a dog	102	102
Walking		
3mph (20 min. per mile)	109	109
Yoga	85	85

FIVE EASY STEPS TO CREATE YOUR PLATE

1. Using your 9-inch dinner plate, put a line down the middle, then divide the upper half into 2 so you will have 3 sections on your plate.
2. Fill the largest section with vegetables such as: kangkong, carrots, lettuce, greens, cabbage, green beans, broccoli, cauliflower, tomatoes, vegetable juice, onion, cucumber, okra, mushrooms, peppers
3. In one of the small sections, put starchy food such as: rice, whole grain breads, high-fiber cereals, cooked cereal such as oatmeal pasta, cooked beans and peas, potatoes, green peas, corn, sweet potatoes, low-fat crackers
4. Then on the other small section, put your meat or meat substitute such as: chicken without the skin, fish such as tilapia, hito, other seafood such as shrimp, squid, lean cuts of beef and pork such as sirloin or pork loin, tofu, eggs, low fat cheese
5. Add an 8 oz glass of non-fat or low-fat milk. Add a piece of fruit and you have your meal planned.

Name: _____

My Diabetes Educator: _____

Phone: _____

9"

MEAT EXCHANGE



1 serving = 1 oz
Low Fat Meat Exchange
 = 41 Calories
Medium Fat Meat Exchange
 = 86 Calories
High Fat Meat Exchange
 = 122 Calories

Low Fat Meat Exchange

Beef, Pork, Chicken

- Beef Lean meat (Laman),
- Tenderloin, Sirloin steak (tagiliran, gitna)
- Pork Lean Meat (Lomo)
- Chicken - Pitso, Leg (small)

Fish

- Galunggong, Hasa-hasa, Tilapia, Hito, Sapsap (35g)

Other Seafoods

- Shrimps (25g)
- Squid (25g)
- Halaan (3 cups w/ shell)

Medium Fat Meat Exchange

Beef, Pork, Chicken

- Beef Bisket (punta y pecho), Chuck (paypay), Plate (tadyang)
- Pork Leg (pata) (4cm diameter x 2cm thick)
- Chicken Wings (25g)

Fish

- Fish Karpa (35g)

Egg

- Chicken Egg (1pc)
- Pugo (9pcs)
- Salted Duck egg (1pc)

Meat Substitute

- Soy Beans (1/2 cup)
- Tofu (1/2 cup)

High Fat Meat Exchange

Beef, Pork, Chicken

- Pork (pigue) (3cm Cube)
- Salami (50g)
- Vienna Sausage (70g)

Egg

- Balut (65g) 1pc
- Penoy (60g) 1pc

Nuts

- Roasted peanuts (1/3 cup)

RICE EQUIVALENT & RICE EXCHANGE



1 exchange = 23 grams Carbohydrate, 2 grams Protein = 100 Calories

Rice Exchange

- Rice cooked (80g) = 1/2 cup
- Lugaw (thick consistency) 250g 1/2 cup
- Lugaw (medium consistency) 435g 1/2 cup

Root Crops

- Ube (130g) = 1 1/3 cup
- Gabi (100g) = 1 cup
- Cassava (85g) = 1 cup
- Potato (165g) = 1 1/3 cup
- Kamote (80g) = 1/2 cup

Rice Equivalent Exchange

- Corn boiled (1pc) small

Pastry

- Pan Amerikano (40g) 2 pcs
- Pandesal (40g) 3 small pcs
- Whole Wheat Bread (45g) 2 slice
- Mamon tostado (30g) 3 small pcs
- Hopia (1 1/2 round)
- Bibingka (40g) = 1 slide (1/4 of 15cm diameter, 2cm thick)

Noodles

- Bihon, Macaroni, sotanghon, Spaghetti (75g) = 1 cup

Breakfast Cereals

- Plain Corn Flakes (25g) 1/2 cup

Rice, other cereals and products made from these are the major sources of carbohydrate which is the cheapest source of calories in addition, whole grain products made from refined flours.

VEGETABLE EXCHANGE



Veg. A: 1 exchange = 1 cup raw (25g) or 1/2 cup cooked (45g) = 16 Calories

Veg. B: 1 exchange = 1/2 cup raw (40g) or 1/2 cup cooked (45g) = 16 Calories

Vegetable A

- Alagaw
- Leaves (1)
- Alugbati (2)
- Ampalaya
- Leaves (2)
- Ampalaya Fruit
- Baguio Beans
- Bamboo Shoot (labong)
- Puso ng Saging
- Batawa pods (1)
- Cabbage
- Kamote
- Leaves (2)
- Cauliflower
- Celery
- Sayote fruit (2)
- Sayote leaves
- Cucumber
- Eggplant
- Kangkong (2)
- Lettuce (2)
- Malunggay
- Leaves
- Malunggay Pods
- Mushroom, Fresh
- Okra
- Onion Bulb
- Papaya Green
- Patola
- Pepper fruit
- Pepper
- Leaves (2)
- Petchay (2)
- Radish
- Saluyot (1) (2)
- Sigarilyas pods
- Spinach
- Sitsaro
- Tomato (2)
- Upo

Vegetable B

- Balatong
- Carrot (2)
- Kalamansi (1)
- Patani
- Togue
- Singkamas
- Squash Fruit
- Sitaw

Green Leafy vegetables such as Kangkong, Malunggay & Saluyot contain calcium and iron

- (1) rich source of fiber
- (2) rich source of Pro Vit A

FRUIT EXCHANGE



1 exchange = 10g Carbohydrates = 40 Calories

- (1) good source of fiber
- (2) good source of Pro Vit A
- (3) source of Vit C

Fruit

- | Fruit | Serving Size |
|------------------|--------------|
| • Apple | 65g |
| • Atis (3) | 45g |
| • Ballimbing (1) | 135g |
| • Banana | |
| • Lakatan | 40g |
| • Latundan | 40g |
| • Saba | 40g |
| • Cashew (3) | 70g |
| • Chico | 45g |
| • Dalanghita (3) | 135g |
| • Duhat | 60g |
| • Durian | 30g |
| • Grapes (1) | 55g |
| • Guava (1)(3) | 80g |
| • Guyabano (3) | 60g |
| • Jackfruit Ripe | 40g |
| • Kamachile (3) | 55g |
| • Lansones | 70g |
| • Lychees | 50g |

Mango

- | | |
|----------------------|------|
| • Green (3) | 65g |
| • Ripe (3)(2) | 80g |
| • Indian | 60g |
| • Mangosteen | 55g |
| • Melon | 200g |
| • Papaya Ripe (2)(3) | 85g |
| • Pear (1) | 85g |
| • Pineapple | 75g |
| • Santol (1) | 90g |
| • Patola | 140g |
| • Suha (3) | 140g |
| • Watermelon | 140g |

Canned Drained

- Peach Halves 65g
- Fruit Cocktail 40g
- Pineapple Slice 35g

Dried

- Prunes (seedless) 15g
- Raisins 15g
- Buko water 1 cup

Fruits are important for their vitamin, mineral and fiber contents. Include at least 2-3 exchanges daily, in the diet.

MILK EXCHANGE



1 exchange

- Whole Milk** = 12g Carbs, 8g Protein, 10g Fat = 170 Calories
- Low Fat Milk** = 12g Carbs, 8g Protein, 5g Fat = 125 Calories
- Very Low Fat Milk** = 12g Carbs, 8g Protein, 5g Fat = 80 Calories

Whole Milk

- | | |
|------------------------|---------|
| • Evaporated Undiluted | 1/2 cup |
| • Fresh Carabaos | 1 cup |
| • Fresh Cows | 1 cup |
| • Milk Powdered | 4 tbsp |

Low Fat Milk

- | | |
|----------------|---------------|
| • Powdered | 1/4 cup |
| • Lite Low Fat | 1 tetra brick |

Very Low Fat Milk

- | | |
|----------------|---------|
| • Skimmed Milk | 1 cup |
| • Yoghurt | 1/2 cup |

Milk is an excellent source of protein and calcium. It is also a good source of Phosphorus, some of the B-complex Vitamins and vitamins A & D. Milk also contains some Magnesium

SUGAR EXCHANGE



1 exchange = 5g Carbohydrates = 20 Calories

- Sugar (5g) - 1 tsp
- Honey (5g) - 1 tsp
- Hard candy (5g) - 1 pc
- Matamis na bao - 1 tsp
- Yema (5g) - 1 pc

Sweets are useful in enhancing palatability of Diets, but well planned meals can be nutritionally adequate even without them. Individual who need to reduce or avoid sugar may use artificial sweeteners.

REFERENCE



- Create your Plate American Diabetes Association
- FNRI, Food Exchange List
- Mayoclinic.com
- Diabetes.org
- Livestrong.com

FAT EXCHANGE



1 exchange = 5 grams fat = 45 KCalories

SATURATED FATS

- | | | |
|-------------------|-------|---------|
| • Bacon | 10g | 1 strip |
| • Butter | 5g | 1 tsp |
| • Coconut Oil | 5g | 1 tsp |
| • Coconut Cream | 15g | 1 tbsp |
| • Cream Cheese | 15g | 1 tbsp |
| • Latik | 10g | 2 tsp |
| • Margarine | 5g | 1 tsp |
| • Mayonnaise | 5g | 1 tsp |
| • Sandwich Spread | 15g | 1 tbsp |
| • Chicharon | 2 pcs | 5x3 cm |
| • Whip Cream | 15g | 1 tbsp |

POLYUNSATURATED FATS

- | | | |
|--|----|-------|
| • Oil (corn, soybean, canola, sesame, sunflower) | 5g | 1 tsp |
|--|----|-------|

MONOUNSATURATED FATS

- | | | |
|-----------------|-----|--------|
| • Peanut Butter | 10g | 2 tbsp |
| • Pili Nut | 5g | 5 pcs |
| • Peanut Oil | 5g | 1 tsp |
| • Olive Oil | 5g | 1 tsp |
| • Avocado Oil | 5g | 1 tsp |
| • Avocado | 65g | 1 tsp |

Polyunsaturated fats do not raise the "bad" LDL cholesterol in your body and may actually help raise your HDL cholesterol. One type of polyunsaturated fat known as omega-3 fatty acid, is especially beneficial for your cholesterol levels. The Harvard School of Public Health reports that consuming polyunsaturated and monounsaturated fats, instead of a high amount of carbohydrates, may lower your blood pressure, improve cholesterol levels and reduce your risk of cardiovascular disease.

FREE FOOD



Enjoy the free foods listed below in any moderate amount

- Coffee, unsweetened or with sugar substitute
- Water: plain, mineral
- Gelatin: sugar-free or unflavored
- Garlic
- Herbs & Spices
- Hot Pepper sauce

Please consult your diabetes educator or physician for medical advice.

This information is for general education only and should not replace the consultations you have with your healthcare professional.



ELI LILLY (PHILIPPINES), INC.
 Units 401-403, Tower
 Rockwell Business Center,
 Ortigas Avenue, Pasig City 1604

PHONE 13 04 34

Aside from Protein the majority of the food listed here are also good sources of iron, zinc and other B-complex.