

Dr. Clyde Food Exchange Charts

By standard measures, volume, and by weight

Food Exchange Chart: By standard portions as generally used for the different foods

Unsaturated Fat	Protein	Produce	Starch
1-2 of each type daily : N3: 1 gram in fish or flax oil (tablets, or ½ tsp oil), 1-1.2 Tbsp flax or chia seeds, 3 oz sardine or salmon N6: 1.2 Tbsp any nut butter, 2 Tbsp nut/seed MonoUnsat: 1 Tbsp olive oil, 2-2.5 Tbsp olives, or 3-4 Tbsp avocado	1 or more per meal : <ul style="list-style-type: none"> • 2 egg whites • 3+ oz muscle tissue (fish, meat, poultry) • 4 oz cottage cheese or Greek yogurt • 8 oz regular yogurt • 10 oz milk • 12 oz soy milk • 12 oz legumes • 1.2 Tbsp prot powder 	Volume x how much starch in each meal: <ul style="list-style-type: none"> • Equal (1 x) volume celery or cruciferous • 2 x volume other veggies with peel e.g. cucumber, bell pepper, zucchini etc • 3-4 x volume leafy green • Neutral: tomato, peas, carrot, fruit 	1 dose ~100 Cal each per meal : Tuber/cereal <ul style="list-style-type: none"> • 1 slice bread or equivalent in bagel, crackers, pizza crust • 1/3-1/2 cup rice potato yam quinoa couscous bulgar oats granola muesli Slowest: Legumes <ul style="list-style-type: none"> • Lentils • Starchy beans • Whole corn kernels

By VOLUME of hand parameters: assumption is that larger people have relatively larger hands

Unsat Fat (UF): in thumbs	Protein: 1 palm	Produce: fruit, veggie	Starch: 1 palm
All of are equal health: Avocado: 4 thumbs Seeds: flax, sunflower 2, 3 Nuts, olives, dressing: 2 Extra virgin olive oil: 1 Nut butter: 1 thumb Soy, salmon, sardine: Shown in protein column	UF: Soy salmon sardine Low fat: Poultry white meat, most fish, egg white, dairy (yogurt, cottage cheese, 1 fist milk) Moderate fat: Lean meat, poultry dark meat. <i>Keep saturated fat 7% or less of total cal</i>	Cruciferous or celery volume x starch: Raw 1, cooked 1.5-2 Veggie with peel volume x starch: Raw 1.5-2, cook 3 Leafy green: 4 x volume Go for many colors Fruit as dessert: ½ fist Berries are the best option.	Slowest: Beans, lentils, chick peas, corn kernels Moderate: Visual-coarse whole grain (bread, oats) Moderate: yam w/skin Fast: Potato w/skin, brown rice, whole-grain couscous bread pasta quinoa bulgar <i>Fastest: Potato rice pasta bread bagel muffin cereal</i>

By WEIGHT: larger numbers for men than women since this is an absolute measure

Unsat Fat: in ounces	Protein: in ounces	Produce: fruit, veggie	Starch: 1/2 palm
All of are equal health: oz Avocado, olives 4 Nuts, nut butters 1 Seeds (flax, sunflower) 1 Veg. oil based dressing 1 Vegetable/olive oil: 0.4 Salmon, sardine 3 Soy (tofu-soy milk) 8-12	2 egg whites 3 oz muscle tissue: fish poultry <i>pork meat</i> 4 oz Greek yogurt or cottage cheese 8 oz regular yogurt 8 oz milk 10 oz soy milk 12 oz legumes	SALAD 12 or more (unlimited) oz leafy greens with 6 oz veggies (3 types combined) on top. Optional 6 oz cooked veggies. Optional fruit 6 oz; Berries are the best option.	6 oz bean lentil cornkernel 4 oz yam or coarse grains 4 oz whole grain: potato rice bread pasta quinoa bulgar couscous <i>4 oz white carb</i>