



The Heart Healthy EXCHANGE LIST

The Heart Healthy Exchange List is a list of heart healthy foods categorized into food groups then broken down into portion controlled servings with a similar energy and macronutrient content as referenced in the American Dietetics Association and American Diabetes Association Exchange System

Please note this list was created by a licensed nutritionist and has not been approved by the American Dietetic Association or the American Diabetes Association. It is recommended to use this list under the advice of your registered licensed dietitian nutritionist.

Eat the below portion sizes in the amounts specified for your calorie plan. Each serving of food can be consumed as many times as the food group is recommend



SERVING SIZES

Eat the below portion sizes in the amounts specified for your calorie plan:

<p>NON-STARCHY VEGETABLE PORTIONS</p> <p>About 25 CALORIES & 5 G CARBOHYDRATE / SERVING</p>	<p>FRUIT PORTIONS</p> <p>ABOUT 60 CALORIES & 15 G CARBOHYDRATE / SERVING</p>	<p>PROTEIN PORTIONS</p> <p>ABOUT 90-150 CALORIES & 21 G PROTEIN / SERVING</p>
<p>All listed vegetable servings are Gluten Free, Vegan, and Vegetarian</p> <p>1 servings size is equal to 2 cups leafy, 1 cup raw or steamed or ½ cup cooked (unless noted)</p> <ul style="list-style-type: none"> ● Arugula, 2 Cups ● Artichokes, ½ Large ● Asparagus, 10 Spears ● Beans, Green ● Bean Sprouts, ¾ cup ● Broccoli, Chopped ● Bok Choy ● Brussel Sprouts, 5 medium ● Cabbage, Chopped ● Carrots, 2 Medium or 10 Baby ● Cauliflower, 1 Cup Raw or ½ cup Cooked or Riced ● Celery ● Collard Greens, ● Cucumbers ● Eggplant, ½ medium ● Jicama, Sliced ● Kale ● Lettuce ● Mushrooms ● Okra ● Onions, Chopped, ½ cup or ¼ cup Cooked ● Radishes, 6 small ● Red Pepper ● Snow Peas ● Spinach ● Summer Squash ● Tomatoes ● Vegetable Juice ● Water Chestnuts ● Zucchini Squash 	<p>All listed fruit servings are Gluten Free, Vegan, and Vegetarian</p> <p>1 serving size is equal to 1 piece unless noted</p> <ul style="list-style-type: none"> ● Apple, Unpeeled, Small, 1 or 1 Cup Slices ● Applesauce, Unsweetened, ½ cup ● Banana, 1 Small or ½ Cup Slices or ½ Large ● Blackberries, ¾ Cup ● Blueberries, ¾ Cup ● Cantaloupe, 1 Cup Cubed (11oz.) ● Cherries, Sweet Fresh, 12 or ½ Cup ● Dates, 3 ● Grapefruit, ½ Large or ¾ Cup ● Grapes, 17 or ¾ Cup ● Honeydew Melon, 1 Cup Cubed (10 oz.) ● Kiwi, 2 or ¾ Cup of Slices ● Mango, Small ½ fruit or ½ Cup Cubed ● Nectarine, Small, 1 or ¾ Cup Slices ● Orange, Small or ¾ Cup Sections ● Papaya, ½ Fruit or 1 Cup Cubed ● Peach, Medium 1 or 1 Cup Slices ● Pear, Large, ½ Cup or ¾ Cup Slices ● Pineapple, ¾ Cup Chopped ● Plums, Small, 2 or ¾ Cup ● Raspberries, 30 or 1 cup ● Starfruit, 1 Medium ● Strawberries, 10 Medium or 1 ½ Cup ● Tangerines, 2 small ● Watermelon, 1 ¼ Cup Cubes (13 ½ oz.) ● Canned Mixed Fruit in Water, ½ cup <p>Copyright © 2020 Stellar Labs®</p>	<p>All listed protein servings are Gluten Free unless noted</p> <p>1 serving size is equal to 3 oz. cooked unless noted</p> <p>*No more than 1 per meal due to higher carbohydrate amount</p> <ul style="list-style-type: none"> ● Beef; Sirloin, Tenderloin, Flank, 93 - 95% Ground ● Buffalo ● Canadian Bacon, 3 slices (1 oz. per slice) ● Chicken, Skinless Breast, Leg or Thigh or Rotisserie ● Clam ● Cod ● Flounder ● Haddock ● Halibut ● Pork Tenderloin ● Salmon ● Shellfish; Crab, Lobster, Scallops, Shrimp ● Trout ● Tuna, Cooked or Canned ● Turkey, Skinless Breast, Leg or Thigh ● Veal Chop, Venison <p>VEGETARIAN OPTIONS</p> <ul style="list-style-type: none"> ● Eggs, 2 & 2 Egg Whites ● Egg Whites, 6 or ¾ cup ● Cheese, Low-Fat or 2% Cheddar, Swiss, Mozzarella or Feta - 2 oz. ● Cottage Cheese, Fat - Free or 1%, ¾ Cup ● Yogurt, GREEK Fruit or Vanilla Flavored, Reduced - Fat, Fat - Free or Low - fat, ¾ cup ● Yogurt, GREEK Plain, Reduced - Fat, Fat - Free or Low - Fat, 1 cup ● Stellar Labs® Whey Protein Shake Mix, 1 scoop as recommended on the container ● Stellar Labs® Whey Protein Bar Cacao Chip * <i>(also counts as a fat and a starch or dairy)</i> <p>VEGAN OPTIONS</p> <ul style="list-style-type: none"> ● Edamame, Frozen Soybeans, ¾ cup * ● Beans, Kidney, Chick Pea, Navy, White, Edamame, Lentil, ¾ cup * ● Peanut Butter Powder (PB2®), 4 Tbsp. ● Stellar Labs® Plant Based Vegan Protein Shake Mix, 1 Scoop as Recommended on the Container ● Stellar Labs Vegan Protein Bar * ● <i>(also counts as a fat, and a starch or fruit)</i> ● Tempeh, ¾ cup ● Tofu, ¾ cup cubed ● Veggie Burger, (make sure only 100-170 calories and 15+ grams of protein)*

SERVING SIZES | Eat the below portion sizes in the amounts specified for your calorie plan:

STARCH PORTIONS About 80 CALORIES / SERVING 15 G CARBOHYDRATE / SERVING	DAIRY & NON-DAIRY PORTIONS ABOUT 100 CALORIES / SERVING 12 G CARBOHYDRATE / SERVING	OIL & FAT PORTIONS ABOUT 45 CALORIES/ SERVING 5 G FAT / SERVING
<p>All listed starch servings are Vegetarian</p> <p>1 servings size is equal to listed amount</p> <p>½ cup Cooked Beans</p> <ul style="list-style-type: none"> • Black, Navy, White GF - Vegan • Edamame GF - Vegan • Garbanzo GF - Vegan • Kidney, Pinto, Refried GF - Vegan <p>⅓ cup of Cooked Grains</p> <ul style="list-style-type: none"> • Couscous, Cooked GF - Vegan • Pasta, Cooked • Quinoa, Cooked GF - Vegan • Rice, White or Brown, Cooked GF - Vegan <p>½ cup of Higher Carb Vegetables</p> <ul style="list-style-type: none"> • Corn, ½ cup GF - Vegan • Peas, Green GF - Vegan • Potato, White or Sweet ½ Medium or 3 oz. GF - Vegan • 3 Servings of Non-Starchy Vegetables in the Green Non-Starchy Vegetable List GF - Vegan <p>Cereal</p> <ul style="list-style-type: none"> • Unsweetened Cereal, Dry (less than 4g of sugar per serving), ¾ cup • Bran, ½ cup • Cream of Wheat Cooked, ½ cup • Grits, Cooked, ½ cup • Oatmeal, Cooked, ½ cup • Shredded Wheat Cooked, ½ cup • Granola, ¼ Cup Vegan • Oatmeal, Dry ¼ Cup Vegan <p>Other</p> <ul style="list-style-type: none"> • Blue Diamond Almond Thins®, 10 • Cracker, Matza, 1 (¾ oz.) • English Muffin, ½ • Popcorn, Plain, 3 cups GF - Vegan • Pretzels, ¾ oz. or 14 Mini Twists • Rice Cakes, 2 GF - Vegan • Ritz® Crackers, Reduced - Fat, 5 • Roll, Small (1 oz.) • Triscuits®, Reduced - Fat, 5 • Tortilla, Corn (6 in), 2 GF - Vegan • Tortilla, Flour (6 in) • Tortilla Chips, 5 GF - Vegan • Wheat Thins, Reduced - Fat, 10 Vegan • Whole Grain Bread, 1 Slice • Whole Grain Bread, Low - Calorie, 2 Slices • Whole Grain Hamburger Bun, ½ 	<p>All listed dairy servings are Gluten Free and Vegetarian</p> <p>Vegan foods are noted</p> <p>1 serving size is equal to listed amount</p> <p><i>(Almond and coconut milk and cheese do not have carbohydrates)</i></p> <ul style="list-style-type: none"> • Cheese, Any, Reduced - Fat, 2% varieties (1 oz.) GF • Cheese, Cottage, Fat - Free or 1%, ½ cup GF • Cheese Stick, Reduced - Fat (1 oz.) GF • Hot - Chocolate Packet, Sugar - Free GF • Milk, Almond, 1 cup GF - Vegan • Milk, Coconut GF - Vegan • Milk, Cow's, Skim • Milk, Cow's, 1% • Milk, Rice, GF - Vegan • Milk, Soy, GF - Vegan • Pudding, Fat - Free or sugar - free ½ cup GF • Yogurt, Greek, or Regular, Fruit or Vanilla Flavored, Reduced-Fat, Fat-Free or Low-Fat, ¾ cup (5.3 oz. portion cup) GF • Yogurt, Greek or Regular, Plain, Reduced-Fat, Fat-Free or Low-Fat, 1 cup (8 oz. or 1½ of a 5.3 oz. portion cup) GF 	<p>All listed fat servings are Gluten Free and Vegetarian</p> <p>Vegan foods are noted</p> <p>1 serving size is equal to listed amount</p> <p>Dressing</p> <ul style="list-style-type: none"> • Dressing, Salad, Reduced - Fat, 2 Tbsp. • Dressing, Salad, Regular, 1 Tbsp. • Mayo, Reduced - Fat, 1 tbsp. GF • Mayo, Regular, 2 tsp. GF <p>Nuts</p> <ul style="list-style-type: none"> • Nuts, Almonds, 6 GF - Vegan • Nuts, Cashews, 6 GF - Vegan • Nuts, Mixed - Nuts, 6 GF - Vegan • Nuts, Pecan Halves, 4 GF - Vegan • Nuts, Peanuts, 10 GF - Vegan • Nuts, Pistachios, 16, GF - Vegan • Nuts, Walnut - Halves, 4 GF - Vegan <p>Nut Butter</p> <ul style="list-style-type: none"> • Almond, ½ Tbsp. GF - Vegan • Peanut, ½ Tbsp. GF - Vegan • Tahini, ½ Tbsp. GF - Vegan <p>Oil</p> <ul style="list-style-type: none"> • Oil, Canola, 1 tsp. GF - Vegan • Oil, Coconut, 1 tsp. GF - Vegan • Oil, Flaxseed, 1 tsp. GF - Vegan • Oil, Olive, 1 tsp. GF - Vegan • Oil, Peanut, 1 tsp. GF - Vegan • Oil, Sesame, 1 tsp. GF - Vegan • Oil, Sunflower, 1 tsp. GF - Vegan • Oil, Vegetable, 1 tsp. GF - Vegan <p>Seeds</p> <ul style="list-style-type: none"> • Seeds, Chia GF - Vegan • Seeds, Flax GF - Vegan • Seeds, Sesame GF - Vegan • Seeds, Sunflower GF - Vegan • Seeds, Pumpkin GF - Vegan <p>Other</p> <ul style="list-style-type: none"> • Butter, 1 tsp. * • Avocado, 2 Tbsp. • Butter, Whipped, 1 Tbsp.* • Creamer, Sugar - Free, 3 Tbsp. • Half & Half, 2 Tbsp. * • Hummus, 2 Tbsp. GF - Vegan • Olives, 8 GF - Vegan • Sour Cream, Reduced-Fat, 2 tbsp. * • Sour Cream, Regular, 1 tbsp.* <p>* Saturated Fats (limit to a few a week)</p>
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SERVING SIZES |

Eat the below portion sizes in the amounts specified for your calorie plan:

OTHER FOOD PORTIONS About 80-100 CALORIES / SERVING 15-20 G CARBOHYDRATE / SERVING	BEVERAGE PORTIONS About ZERO CALORIES / SERVING	EXTRA FOOD PORTIONS About 20 CALORIES/ SERVING 4 G CARBOHYDRATE / SERVING
<p>Check labels for Gluten Free, Vegetarian, and Vegan</p> <ul style="list-style-type: none"> • Angel Food Cake, 1/12th of a Whole (2 oz.) • Animal Crackers, 8 • Cake, 1 in. square • Chocolate, 2 Nuggets, 3 Miniatures, 5 Kisses. ½ Small Bar, 5 Squares, (30g) • Doughnut, Medium Plain, ½ • Fruit Juice Bar, 1 • Fruit Snacks, 1 small pack • Ginger Snaps, 3 Small • Graham Cracker Squares, 3 • Gummy Bears, 13 • Ice Cream, Reduced - Fat, ½ cup • Jelly, 1 ½ Tbsp. • Plain Potato Chips, 15 chips or a 100 Calorie Snack Bag (.6 oz) • Pretzels, ¾ oz. or 14 Mini Twists • Rice Cakes, Plain 2 • Sorbet, ½ cup • Tortilla Chips, (Corn Chips) 5 <p>Alcoholic Beverages</p> <ul style="list-style-type: none"> • White Wine, dry (4 oz.) Vegan • Red Wine, dry (4 oz.) Vegan • Beer, (12 oz.) Vegan • Hard Alcohol, Gin, Whiskey, • Unflavored Vodka, (1 oz.) Vegan 	<p>All listed beverage servings are Gluten Free, Vegetarian and Vegan</p> <ul style="list-style-type: none"> • Coffee (decaf and caffeinated) • Espresso • Tea (unsweetened) • Water • Seltzer water • Diet Sodas • Carbonated Mineral Water 	<p>Check labels for Gluten Free, Vegetarian, and Vegan</p> <p><i>1 portion equals less than 20 calories per serving. 4 portions equal one starch serving</i></p> <ul style="list-style-type: none"> • Barbeque Sauce, 1 Tbsp. Labeled • Catchup, 1 Tbsp. • Cocoa Powder, 1 Tbsp. • Cocktail Sauce, 1 Tbsp. • Maple Syrup, 1 tsp.
	<p style="text-align: center;">FREE FOODS</p> <p style="text-align: center;">ABOUT 0 CALORIES / SERVING</p> <p>All listed Free Food servings are Gluten Free, Vegan, and Vegetarian</p> <p>All seasonings and spices such as; All Spice, Black Pepper, Cardamom, Chili Powder, Cinnamon, Cloves, Coriander Seeds, Cumin, Curry Powder, Mustard Seeds, Nutmeg, Paprika, Saffron, Turmeric, Basil, Cilantro, Lemongrass, Mint, Parsley, Rosemary, Sage, Tarragon, Thyme, Sucralose (Splenda), Stevia, Equal</p>	