



Starch Exchange List

Bread

Bagel, large (4 ounces)	1/4 (1 ounce)
Bread: pumpernickel, rye, unfrosted raisin, white, whole -grain	1 slice (1 ounce)
Bread, reduced -calorie	2 slices (1 1/2 ounces)
Chapati, small (6 inches across)	1
English muffin	1/2
Hamburger bun	1/2 (1 ounce)
Hot dog bun	1/2 (1 ounce)
Pancake (4 inches across, 1/4 -inch thick)	1
Pita (6 inches across)	1/2
Tortilla, flour or corn (6 inches across)	1

Cereals and grains

Barley, cooked	1/3 cup
Bulgur wheat, cooked	1/2 cup
Cereal: bran, oats, spoon-size shredded wheat, frosted cereals	1/2 cup
Cereal, puffed, unfrosted	1 1/2 cups
Cereal, unsweetened, ready-to-eat	3/4 cup
Couscous	1/3 cup
Granola, low-fat or regular	1/4 cup
Grits, cooked	1/2 cup
Pasta, cooked	1/3 cup
Quinoa, cooked	1/3 cup
Rice, cooked: white, brown	1/3 cup
Tabbouleh, prepared	1/2 cup
Wild rice, cooked	1/2 cup

**Starchy
vegetables**

Corn	1/2 cup
Corn on the cob, large	1/2 cob (5 ounces)
Mixed vegetables with corn, peas or pasta	1 cup
Parsnips	1/2 cup
Plantain, ripe	1/3 cup
Potato, large, baked with skin	1/4 (3 ounces)
Potato, mashed	1/2 cup
Pumpkin, canned	1 cup
Spaghetti or pasta sauce	1/2 cup
Squash: acorn, butternut	1 cup
Succotash	1/2 cup
Yam or sweet potato, plain	1/2 cup (4 ounces)

**Crackers and
snacks**

Animal crackers	8
Graham crackers (2 1/2 -inch squares)	3
Matzo	3/4 ounce
Melba toast (2 inches by 4 inches)	4 pieces
Oyster crackers	20
Popcorn, low -fat microwave or popped with no added fat	3 cups
Pretzels	3/4 ounce
Rice cakes (4 inches across)	2
Saltine crackers	6
Snack chips, fat -free or baked: tortilla, potato	15 to 20 (3/4 ounce)
