

## Identifying One Food Exchange

### Materials Needed:

- CD case and a CD
- Postage stamp
- Baseball
- Tennis ball
- 4 dice
- Matchbook
- Shot glass
- Computer mouse
- Golf ball

We may be familiar with the Food Exchange System, but can we identify the serving size of just one exchange value for different foods? It's time we put our knowledge to the test.

We may not always have a measuring cup or a scale handy. I will read two serving sizes of a food. See if you know which serving size equals one exchange. As I read each answer, I'm going to hold up an item or items as visuals to help you "eyeball" one exchange value for these foods.

- 1 Popcorn, air-popped with no fat added: 2 cups or 3 cups?
- 2 Slice of bread: 1 oz. or 1.5 oz.?
- 3 Butter: 1 teaspoon or 1 tablespoon?
- 4 Raw vegetables: 1/2 cup or 1 cup?
- 5 Rice cakes: 1 or 2?
- 6 Apple: 1 small or 1 large?
- 7 Raspberries: 3/4 cup or 1 cup?
- 8 Cheese: 1 oz. or 2 oz.?
- 9 Meat or poultry, cooked: 1 oz. or 3 oz.?
- 10 Regular French dressing: 1 teaspoon or 1 tablespoon?
- 11 Spoon-size Shredded Wheat: 1/2 cup or 1 cup?
- 12 Potato: 1/2 medium or 1 medium?
- 13 Low-fat granola: 1/4 cup or 1/2 cup?
- 14 Regular cream cheese: 1 tablespoon or 2 tablespoons?

### Answers

Let's face it, we may not always have a measuring cup or scale handy. Each answer below includes a handy visual to help you "eyeball" one exchange value for the listed foods.

- 1 3 cups of air-popped popcorn with no fat added (3 baseballs) = 1 starch exchange
- 2 One 1-oz. slice of bread (CD case) = 1 starch exchange
- 3 1 teaspoon of butter (postage stamp) = 1 fat exchange
- 4 1 cup of raw vegetables (baseball) = 1 vegetable exchange
- 5 2 rice cakes (2 CD's) = 1 starch exchange
- 6 1 small apple (tennis ball) = 1 fruit exchange
- 7 1 cup of raspberries (baseball) = 1 fruit exchange
- 8 1 oz. of cheese (4 dice) = 1 meat exchange
- 9 1 oz. of cooked meat or poultry (matchbook) = 1 meat exchange
- 10 1 tablespoon of regular French dressing (1/2 shot glass) = 1 fat exchange
- 11 1/2 cup of spoon-size Shredded Wheat cereal (1/2 baseball) = 1 starch exchange
- 12 1/2 medium potato (1/2 computer mouse) = 1 starch exchange
- 13 1/4 cup of low-fat granola (golf ball) = 1 starch exchange
- 14 1 tablespoon of regular cream cheese (1/2 golf ball) = 1 fat exchange

