

TOPS® 1500 Calorie Food Exchange

Bead Board (By Aleta Belvin)

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Milk 2 (BLACK)

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Fat 2 (YELLOW)

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Vegetable 4 (GREEN)

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Fruit 5 (ORANGE)

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Bread/Starch 6 (BROWN)

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Meat/Protein 5 (RED)

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Free Foods 4 (PURPLE)

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Water 8 (BLUE)

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Exercise 60 Minutes (10 each) (PINK)

Milk (from tops.org)

One exchange = 90 to 150 C.

1 cup skin, lowfat, or whole milk

1 cup buttermilk,

1/2 cup evaporated skim milk

1/3 cup powdered milk

1 cup plain yogurt, nonfat,
sugar-free

1 cup soy milk

3/4 cup plain yogurt low-fat,
sugar-free

Fat

One exchange = 45 C

1/8 of an avocado

low-fat 1 tsp margarine

1 tsp mayonnaise

1 tsp oil

1 tbsp salad dressing

2 tbsp sour cream

1 strip bacon

10 olives, green, stuffed

2 tsp peanut butter

Vegetables

One exchange = 25 C.

Asparagus, eggplant,

bean sprouts, greens,

beets, green beans,

broccoli, onions,

cabbage, peppers,

carrots, rutabaga,

cauliflower, tomatoes,

celery, turnips.

1/2 cup cooked/1 cup raw

Bread/Starch

One exchange = 80 C.

1/2 medium potato

1 slice bread

1/2 bagel

1 cup Cheerios

2/3 cup cooked oatmeal

1/2 cup cooked pasta

1/3 cup cooked rice

1/2 cup corn

1/3 cup peas/lentils/dry beans

5 cups unbuttered popcorn

7 animal crackers

1 corn tortilla

FreeFoods

Less than 20 C per item

Instructions for making bead board on next page.

Fruit

One exchange = 60 C.

1 small apple

1/2 medium banana

3 dried prunes

1 medium peach

1 small pear

1/2 cup applesauce

3/4 cup blueberries

1/2 medium grapefruit

1 cup melon cubes

1 1/4 cups strawberries

1/2 cup pineapple chunks

4 oz. orange juice

Meat/Protein

One exchange = 35 to 100 C.

1 oz. fish

1 oz. tuna

1 oz. beef, tenderloin

1/4 cup cottage cheese

1 oz. ham

1 oz. chicken,* dark meat

1/2 cup tofu

1 egg

1 oz. hard cheddar cheese

1 oz. chicken,* white meat

One exchange = 2 egg whites

**remove skin DO NOT FRY*

