

STARCH EXCHANGE LIST

One starch exchange contains approximate 15 grams of carbohydrate, 2-3gm protein, 0-1 gm fat and 80 calories. Whole grains are always a better choice!

Bread 1 slice medium = 1 chapatti around 6 inches = Idli 3 inch round



1 plain dosa = rice 1/3rd cup = 1 small potato



Oats 1/2 cup = 4 Marie biscuits = 3 glucose biscuits



2 rusks = 3 cup popcorns without fat = 1/2cup pasta or noodles



Dhokla 1 square = 6 plain pani poori = 1/2 hot dog

