

# WHAT IS AN EXCHANGE?

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Managing diabetes means knowing how many carbohydrate servings you *need* to eat every day. A carbohydrate serving is also called a **DIABETIC EXCHANGE**. Half of your daily calories should come from carbohydrates and your goal should be to divide those between at least three meals a day. With practice counting diabetic exchanges can be an easy way to manage diabetes.



On average your a main meal should contain 3 diabetic exchanges (or servings). Try adding up the exchanges on your tray. If you think you have more than 3 exchanges consider saving your fruit for later or swapping your juice for water.

Take a look on the back to see what is considered a serving.

Questions or Appointments?  
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The Kitchen and the Nutritionists collaborate to provide you with healthy portion sizes that may help you manage your health. Please contact us with any further suggestions you may have.