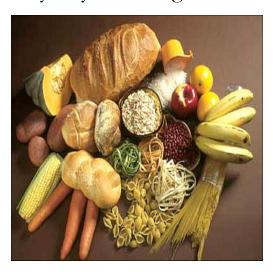
WHAT IS AN EXCHANGE?

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 as 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? Jenny (212) 367–1259 Sarah (212) 367 1261 Margaret (212) 367 1263 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.