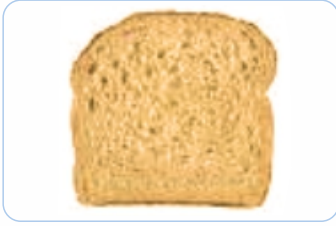


STARCH EXCHANGE LIST

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 choice¹.

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



1 slice of bread

=

1 chapatti

=

1 idli



1 cup of rotis

=

1 cup of rice

=

1 potato

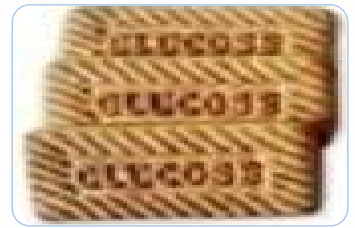
Oats 1/2 cup

=

4 Marie biscuits*

=

3 glucose biscuits



2 rusks

=

3 cup popcorns without fat

=

1/2 cup pasta or noodles



Dhokla 1 square

=

6 plain pani poori

=

1/2 hot dog



The Content is not intended to be a substitute for professional medical advice. Always seek the advice of your doctor or other qualified healthcare provider with any questions you may have regarding a medical condition or medical treatment.

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1. Misra R. (2011). Indian foods: AAPI's Guide to Indian Foods: AAPI's Guide to Nutrition, Health and Diabetes, 2nd edition, Allied Publishers, Chennai, ISBN: 978-81-8424-687-2, pp. 88-94.

*Product labels