

A reference for nutritionists

Food exchange list

One exchange of 600+ foods, in grams and household measures. Exchanges in the same group hold about the same nutrition, so one food can replace another without recalculating.

Based on the ADA exchange lists, adapted for Egypt. Updated October 10, 2026

What one exchange holds

Group	Calories	Carbs (g)	Protein (g)	Fat (g)
Starches	81	15	3	1
Starches with fat	126	15	3	6
Fruit	60	15	0	0
Non-starchy vegetables	28	5	2	0
Milk, skim	98	12	8	2
Milk, medium fat	125	12	8	5
Milk, full fat	152	12	8	8
Legumes	118	15	10	2
Meat, lean	46	0	7	2
Meat, medium fat	73	0	7	5
Meat, high fat	100	0	7	8
Fats	45	0	0	5

Calories here are the carbs, protein and fat added up, so a few rows differ by a few calories from the ADA lists' rounded figures.

Starches

Bread, grains and starchy vegetables first, then starches with fat and sugars.

Bread

81 kcal · 15 g carbs · 3 g protein · 1 g fat

Food	Household measure (approx.)	Grams
Baladi bread	¼ loaf	27
Whole wheat bread	1¼ slices	35
White bread	1¼ slices	30
Pita bread	½ piece	27
Flour tortilla	—	30
Rye bread	1 slice	31
Sourdough bread	½ slice	29

Food	Household measure (approx.)	Grams
Bagel, plain	¼ medium	29
English muffin	—	34
Fino bread roll	½ roll	27
Bran bread, Egyptian	1 loaf (150 g) = 5 starch exchanges	28
Pita bread, whole wheat	1 small	27
Rusks, plain	2 pieces	19
Kaak, sesame bread ring	1 ring (80 g) = 3 starch exchanges	27
Pizza dough, raw	1 ball (280 g) = 9 starch exchanges	32
Phyllo dough	1½ sheets	29
Breadcrumbs, plain	3 tbsp	21
Panko breadcrumbs	⅓ cup	20

Food	Household measure (approx.)	Grams
Croutons	$\frac{2}{3}$ cup	20
Kunafa dough, raw	—	29
Roqqaq pastry sheets, dry	—	18

Grains

81 kcal · 15 g carbs · 3 g protein · 1 g fat

Food	Household measure (approx.)	Grams
White rice, cooked	4½ tbsp	52
Bulgur, cooked	7 tbsp	81
Freekeh, cooked	$\frac{1}{2}$ cup	86
Vermicelli, wheat, dry	3½ tbsp	20
White rice, uncooked	1½ tbsp	19
Brown rice, cooked	5 tbsp	59
Brown rice, uncooked	1½ tbsp	20
White pasta, cooked	$\frac{1}{3}$ cup	49
White pasta, uncooked	3 tbsp	20
Whole wheat pasta, cooked	$\frac{1}{3}$ cup	50
Whole wheat pasta, uncooked	3½ tbsp	20
Oats, cooked	$\frac{1}{2}$ cup	125
Oats, uncooked	$\frac{1}{4}$ cup	22
Quinoa, cooked	6 tbsp	70
Quinoa, uncooked	2 tbsp	23
Couscous, cooked	6½ tbsp	65
Couscous, uncooked	2 tbsp	19
Barley, cooked	$\frac{1}{3}$ cup	53
Bulgur, uncooked	2½ tbsp	20
Rice noodles, cooked	$\frac{1}{3}$ cup	63
Polenta, cooked	$\frac{1}{3}$ cup	81
Buckwheat, raw	2 tbsp	21
Buckwheat, cooked	$\frac{1}{2}$ cup	75
Amaranth, raw	2 tbsp	23
Amaranth, cooked	$\frac{1}{3}$ cup	80
Millet, raw	1½ tbsp	21
Millet, cooked	$\frac{1}{3}$ cup	63
Teff, uncooked	1½ tbsp	21
Spelt, uncooked	2 tbsp	21
Sorghum, uncooked	1½ tbsp	21
Wild rice, cooked	7 tbsp	70
Cornflakes	$\frac{2}{3}$ cup	17
Muesli	$\frac{1}{4}$ cup	20
Bran flakes	$\frac{1}{2}$ cup	19

Food	Household measure (approx.)	Grams
Puffed rice	1 cup	17
Orzo, cooked	$\frac{1}{3}$ cup	49
Lasagna sheets, uncooked	1½ sheets	20
Egg noodles, cooked	6 tbsp	60
Udon noodles, cooked	6½ tbsp	69
Soba noodles, cooked	$\frac{2}{3}$ cup	70
Basmati rice, cooked	6 tbsp	59
Jasmine rice, cooked	$\frac{1}{3}$ cup	53
Arborio rice, uncooked	1½ tbsp	19
Sticky rice, cooked	6½ tbsp	71
Freekeh, uncooked	2 tbsp	20
Barley, pearled, uncooked	1½ tbsp	19
Basmati rice, uncooked	1½ tbsp	19
Wheat bran	6½ tbsp	23
Oat bran, uncooked	5 tbsp	24
Gnocchi, potato	$\frac{1}{4}$ cup	40
Cornmeal, uncooked	2½ tbsp	20
All-purpose flour	2½ tbsp	20
Whole wheat flour	3 tbsp	21
Cornstarch	2 tbsp	16
Tapioca pearls, dry	2 tbsp	17
Oat flour	$\frac{1}{4}$ cup	23
Rice flour	2 tbsp	19
Semolina	2 tbsp	21
Bread flour	2½ tbsp	21
Self-rising flour	2½ tbsp	20
Masa harina	2½ tbsp	20
Corn flour	2½ tbsp	20
Buckwheat flour	3 tbsp	21
Tapioca starch	2 tbsp	17
Potato starch	2 tbsp	17
Arrowroot powder	2 tbsp	17

Starchy vegetables

81 kcal · 15 g carbs · 3 g protein · 1 g fat

Food	Household measure (approx.)	Grams
Corn, boiled	$\frac{3}{4}$ ear	71
Sweet potato, raw	$\frac{1}{2}$ medium	75
Sweet potato, baked	$\frac{1}{3}$ cup	72
Sweet potato, boiled	$\frac{1}{2}$ medium	85
Potato, raw	$\frac{1}{2}$ cup	86

Food	Household measure (approx.)	Grams
Potato, boiled	½ cup	75
Potato, baked	1 medium (175 g) = 2½ starch exchanges	71
Peas, boiled	⅔ cup	96
Pumpkin, raw	2 cups	230
Pumpkin, boiled	1¼ cups	305
Butternut squash, raw	1 cup	130
Butternut squash, baked	⅔ cup	145
Taro, raw	½ cup	57
Taro, boiled	⅓ cup	43
Potato, mashed with milk and butter	7 tbsp	89
Corn on the cob, grilled	¾ ear	68
Sweet corn, canned, drained	⅔ cup	105
Green peas, raw or frozen	¾ cup	105
Peas and carrots, frozen	1 cup	135
Mixed vegetables, frozen	¾ cup	110
Plantain, raw	¼ medium	47
Tomato paste	5 tbsp	79

Crunchy snacks

81 kcal · 15 g carbs · 3 g protein · 1 g fat

Food	Household measure (approx.)	Grams
Rice cakes	2 cakes	18
Popcorn, air-popped	2½ cups	19

Starches with fat

126 kcal · 15 g carbs · 3 g protein · 6 g fat

Food	Household measure (approx.)	Grams
Crackers, plain	5 crackers	24
Granola	¼ cup	28
Ramen noodles, dry	¼ block	25
Croissant, butter	½ large	33
Feteer meshaltet	¾ slice	34
Pie crust, raw	1 shell (175 g) = 6 starch exchanges	31
Puff pastry	1 sheet (245 g) = 7 starch exchanges	35
Biscuit dough, American-style	1 biscuit	32

Food	Household measure (approx.)	Grams
Potato, fried	½ small	36
Tiger nuts	3½ tbsp	25

Other

81 kcal · 15 g carbs · 3 g protein · 1 g fat

Food	Household measure (approx.)	Grams
Milk, sweetened condensed	1½ tbsp	28
Hoisin sauce	2 tbsp	34
Teriyaki sauce	5½ tbsp	96
BBQ sauce	2 tbsp	37
Pomegranate molasses	3½ tsp	23
Sugar, white	3½ tsp	15
Honey	2½ tsp	18
Maple syrup	3½ tsp	22
Agave syrup	1 tbsp	20
Molasses	1 tbsp	20
Coconut sugar	4 tsp	16
Sugar, brown	3½ tsp	15
Sugar, powdered	2 tbsp	15
Date syrup	1 tbsp	21
Chocolate, dark, 70%	3 squares	33
Chocolate, milk	2½ squares	25
Strawberry jam	1 tbsp	22
Apricot preserves	1 tbsp	23
Orange marmalade	1 tbsp	23
Marzipan	1½ tbsp	21
Chocolate hazelnut spread	—	25
Corn syrup	1 tbsp	20
Carob molasses	1 tbsp	21
Sugar syrup	1 tbsp	22
Halawa, tahini halva	1½ tbsp	27
Chocolate chips, semisweet	2 tbsp	23

Fruit

Whole fruit first, then juice.

Whole fruit

60 kcal · 15 g carbs · 0 g protein · 0 g fat

Food	Household measure (approx.)	Grams
Dates, medjool	—	20
Apple, raw	½ large	110
Banana, raw	½ large	66
Orange, raw	1 medium	125
Strawberry, raw	16 medium	195
Grapes, raw	17 grapes	83
Mango, raw	½ medium	100
Pineapple, raw	⅔ cup	115
Watermelon, raw	¾ wedge	200
Raisins, dried	2 tbsp	19
Pear, raw	½ medium	99
Peach, raw	1 medium	160
Plum, raw	2 medium	130
Kiwi, raw	1½ medium	100
Blueberry, raw	⅔ cup	105
Raspberry, raw	1 cup	125
Pomegranate, raw	¼ medium	80
Cantaloupe, raw	2¾ wedges	185
Fig, raw	1½ medium	78
Fig, dried	3 pieces	23
Cherry, raw	11 cherries	94
Guava, raw	2 medium	105
Grapefruit, raw	—	140
Papaya, raw	1 cup	140
Dates, deglet noor	3 pieces	20
Cranberries, dried	2 tbsp	18
Blackberry, raw	1 cup	155
Lychee, raw	9 fruits	91
Dragon fruit, raw	½ medium	115
Passion fruit, raw	4 fruits	64
Persimmon, raw	½ medium	81
Nectarine, raw	1 medium	140
Apricot, raw	4 medium	135
Apricot, dried	3 tbsp	24
Prunes, dried	2½ prunes	23
Jackfruit, raw	6½ tbsp	65
Mango, dried	2½ pieces	19
Starfruit, raw	2½ medium	225

Food	Household measure (approx.)	Grams
Mangosteen, raw	2¾ fruits	86
Tangerine, raw	1½ small	115
Prickly pear, raw	1½ medium	155
Custard apple, raw	½ cup	85
Mulberry, raw	1 cup	155
Loquat, raw	6 large	125
Dates, fresh	2½ dates	38
Date paste	1 tbsp	20
Apricot leather, qamar el-din	—	19

Juice

60 kcal · 15 g carbs · 0 g protein · 0 g fat

Food	Household measure (approx.)	Grams
Orange juice	⅔ cup	145
Apple juice	½ cup	135
Pomegranate juice	½ cup	115
Cranberry juice cocktail	½ cup	110
Mango juice	½ cup	115
Guava juice	6 tbsp	93

Non-starchy vegetables

Counted by volume: ½ cup cooked or 1 cup raw.

28 kcal · 5 g carbs · 2 g protein · 0 g fat

Food	Household measure (approx.)	Grams
Molokhia leaves, raw	—	86
Eggplant, raw	1 cup	82
Tomato, raw	1 cup	180
Onion, raw	1 cup	160
Cucumber, raw	1 cup	105
Broccoli, raw	1 cup	91
Broccoli, boiled	½ cup	78
Broccoli, steamed	½ cup	78
Spinach, raw	1 cup	30
Spinach, boiled	½ cup	90
Carrot, raw	—	52
Carrot, boiled	½ cup	78
Bell pepper, raw	1 cup	150
Bell pepper, grilled	—	77
Zucchini, raw	1 cup	115
Zucchini, grilled	—	105

Food	Household measure (approx.)	Grams
Zucchini, boiled	½ cup	90
Cauliflower, raw	1 cup	105
Cauliflower, boiled	½ cup	62
Cauliflower, roasted	—	78
Mushroom, raw	1 cup	70
Mushroom, grilled	½ cup	61
Green beans, raw	1 cup	100
Green beans, boiled	½ cup	63
Cabbage, raw	1 cup	70
Cabbage, boiled	½ cup	75
Lettuce, raw	1 cup	47
Eggplant, grilled	—	88
Tomato, grilled	—	93
Onion, boiled	½ cup	105
Celery, raw	1 cup	100
Cucumber, pickled	—	215
Beetroot, raw	1 cup	135
Beetroot, boiled	½ cup	85
Asparagus, boiled	½ cup	90
Kale, raw	1 cup	21
Kale, boiled	½ cup	59
Arugula, raw	1 cup	20
Okra, raw	1 cup	100
Okra, boiled	½ cup	80
Turnip, raw	1 cup	130
Radish, raw	1 cup	115
Carrot, roasted	—	41
Bok choy, raw	1 cup	70
Bok choy, steamed	½ cup	85
Leek, raw	1 cup	89
Leek, cooked	½ cup	52
Fennel, raw	1 cup	87
Fennel, cooked	—	96
Artichoke, raw	1 medium (130 g) = 2½ vegetable exchanges	48
Artichoke, cooked	½ cup	84
Asparagus, raw	1 cup	135
Brussels sprouts, raw	1 cup	88
Brussels sprouts, boiled	½ cup	78
Snow peas, raw	1 cup	63
Sugar snap peas, raw	1 cup	63
Bean sprouts, raw	1 cup	105
Bamboo shoots, canned	½ cup	66

Food	Household measure (approx.)	Grams
Water chestnut, canned	½ cup	70
Jicama, raw	1 cup	130
Rhubarb, raw	1 cup	120
Swiss chard, raw	1 cup	36
Collard greens, raw	1 cup	36
Endive, raw	1 cup	90
Daikon radish, raw	1 cup	115
Scallion, raw	—	68
Shallot, raw	—	30
Celeriac, raw	1 cup	155
Jalapeño pepper, raw	1 cup	90
Serrano pepper, raw	—	75
Habanero pepper, raw	—	57
Poblano pepper, raw	—	98
Bird's eye chili, raw	—	57
Pickled jalapeños	—	105
Nori, dried	—	11
Wakame, dried	—	11
Kombu, dried	—	8
Tomatoes, canned, diced	½ cup	120
Tomatoes, canned, crushed	½ cup	120
Tomatoes, canned, whole peeled	½ cup	120
Tomatoes, sun-dried	—	9
Molokhia leaves, dried	—	9
Grape leaves, brined	—	43
Purslane, raw	1 cup	43
Hot green chili, raw	—	53
Bell pepper, red or yellow, raw	1 cup	150
Red cabbage, raw	1 cup	70
Turnip, pickled	—	125
Pickles, mixed	1 cup	150
Tomato passata	½ cup	125
Tomato sauce	½ cup	125

Milk and yogurt

Skim to full fat, then plant milks.

Skim

98 kcal · 12 g carbs · 8 g protein · 2 g fat

Food	Household measure (approx.)	Grams
Milk, skim	1 cup	240
Buttermilk	1 cup	245
Milk powder, skim	⅓ cup	23
Milk, lactose-free, low fat	1 cup	240
Yogurt, Greek, plain, non-fat	1 container	160

Medium fat

125 kcal · 12 g carbs · 8 g protein · 5 g fat

Food	Household measure (approx.)	Grams
Yogurt, plain, low fat	⅔ cup	160
Milk, 2%	1 cup	245

Full fat

152 kcal · 12 g carbs · 8 g protein · 8 g fat

Food	Household measure (approx.)	Grams
Milk, whole	1 cup	255
Yogurt, plain, whole milk	1 cup	240
Yogurt, Greek, plain	1 container	165
Milk, evaporated	½ cup	120
Kefir, plain	1 cup	260
Rayeb, cultured whole milk	1 cup	240
Laban, drinking yogurt	1 cup	245
Milk powder, whole	¼ cup	31

Milk substitutes

Values vary by product. A cup counts as one milk exchange.

Food	Household measure (approx.)	Grams
Almond milk, unsweetened	1 cup	245
Oat milk, unsweetened	1 cup	245
Soy milk, unsweetened	1 cup	245
Rice milk	1 cup	245

Food	Household measure (approx.)	Grams
Cashew milk	1 cup	245
Hemp milk	1 cup	245
Pea milk	1 cup	245
Flax milk	1 cup	245
Macadamia milk	1 cup	245
Coconut milk beverage	1 cup	245
Almond milk, sweetened	1 cup	245
Oat milk, sweetened	1 cup	245
Yogurt, soy, plain	1 cup	245
Yogurt, almond, plain	1 cup	245
Yogurt, coconut, plain	1 cup	245
Yogurt, oat, plain	1 cup	245

Legumes

Each exchange carries both carbs and protein, about ½ cup cooked.

118 kcal · 15 g carbs · 10 g protein · 2 g fat

Food	Household measure (approx.)	Grams
Fava beans, dried	3½ tbsp	31
Brown lentils, cooked	½ cup	91
Chickpeas, cooked	½ cup	78
Black beans, cooked	½ cup	84
Kidney beans, cooked	½ cup	87
Soybeans, cooked	½ cup	99
Lentils, uncooked	2½ tbsp	31
Chickpeas, uncooked	2½ tbsp	34
Fava beans, cooked	⅔ cup	100
White beans, cooked	7 tbsp	78
Pinto beans, cooked	½ cup	80
Red lentils, cooked	6½ tbsp	78
Mung beans, cooked	½ cup	105
Edamame, boiled	¾ cup	120
Navy beans, cooked	½ cup	84
Lima beans, cooked	½ cup	96
Black-eyed peas, cooked	½ cup	97
Split peas, cooked	½ cup	93
Lupini beans, cooked	⅔ cup	100
Chickpeas, roasted	⅓ cup	32
Toor dal, cooked	½ cup	98
Urad dal, cooked	½ cup	105

Food	Household measure (approx.)	Grams
Chana dal, cooked	7 tbsp	78
Fava beans, canned	½ cup	150
Fava beans, green, raw	1½ cups	150
Red lentils, uncooked	2½ tbsp	32
Chickpeas, canned, drained	⅔ cup	98
Chickpea flour / besan	6 tbsp	34
Ful medames	½ cup	115
Taameya / falafel	2½ pieces	60
Hummus	7½ tbsp	115

Meat and substitutes

Fish, eggs and cheese count here too, leanest first.

Lean

46 kcal · 0 g carbs · 7 g protein · 2 g fat

Food	Household measure (approx.)	Grams
Chicken breast, raw	1 medium breast (165 g) = 5 meat exchanges	31
Chicken breast, grilled	1 medium breast (120 g) = 5 meat exchanges	23
Chicken breast, roasted	1 medium breast (120 g) = 5 meat exchanges	23
Chicken thigh, skinless, raw	1 medium thigh (88 g) = 2½ meat exchanges	36
Chicken thigh, skinless, grilled	1 medium thigh (70 g) = 2½ meat exchanges	28
Chicken thigh, skinless, roasted	1 medium thigh (70 g) = 2½ meat exchanges	28
Chicken drumstick, skinless, raw	½ drumstick	36
Chicken drumstick, skinless, grilled	½ drumstick	29
Ground chicken, raw	—	40
Ground chicken, cooked	—	30
Turkey breast, raw	—	30
Turkey breast, roasted	1 slice (60 g) = 2½ meat exchanges	24
Duck, raw, meat only	¼ duck (150 g) = 4 meat exchanges	38
Ground turkey, raw	—	36
Chicken liver, raw	1 liver	41

Food	Household measure (approx.)	Grams
Chicken breast, boiled	1 medium breast (140 g) = 6 meat exchanges	24
Chicken thigh, skinless, boiled	1 medium thigh (80 g) = 3 meat exchanges	28
Chicken drumstick, skinless, roasted	½ drumstick	29
Chicken drumstick, skinless, boiled	½ drumstick	25
Chicken gizzards, raw	1 gizzard	40
Chicken gizzards, cooked	1 gizzard	23
Duck, roasted, meat only	¼ duck (110 g) = 4 meat exchanges	30
Turkey breast, smoked, sliced	3 slices	47
Ground turkey, cooked	—	26
Pigeon, raw, meat only	¼ pigeon	40
Pigeon, roasted, meat only	¼ pigeon	29
Quail, raw, meat only	1 quail (92 g) = 3 meat exchanges	32
Quail, grilled, meat only	1 quail (68 g) = 3 meat exchanges	24
Goose, raw, meat only	¼ goose (385 g) = 12 meat exchanges	31
Goose, roasted, meat only	¼ goose (295 g) = 12 meat exchanges	24
Beef, lean, raw	—	32
Beef, lean, grilled	—	25
Beef, lean, roasted	—	25
Veal, raw	—	36
Veal, grilled	—	25
Veal, roasted	—	28
Beef liver, raw	1 slice (105 g) = 3 meat exchanges	34
Beef liver, grilled	1 slice (81 g) = 3 meat exchanges	26
Goat, raw	—	34
Goat, roasted	—	26
Pastrami	1¼ slices	32
Beef, lean, boiled	—	21
Ground beef, lean 90%, raw	—	35
Ground beef, lean 90%, pan-browned	—	25
Beef kidney, cooked	—	26
Beef tripe, cooked	—	60
Camel meat, raw	—	34

Food	Household measure (approx.)	Grams
Camel meat, cooked	—	22
Rabbit, raw	—	35
Rabbit, stewed	—	23
Rabbit, roasted	—	24
Basterma, beef	4 slices	23
Salmon, raw	¼ fillet	34
Salmon, grilled	¼ fillet	32
Salmon, baked	¼ fillet	32
Tuna, raw	1 steak (160 g) = 6 meat exchanges	29
Tuna, grilled	1 steak (135 g) = 6 meat exchanges	24
Tuna, canned in water, drained	1 can (130 g) = 5 meat exchanges	26
Tuna, canned in oil, drained	1 can (130 g) = 5 meat exchanges	24
Tilapia, raw	1 fillet (115 g) = 3 meat exchanges	35
Tilapia, grilled	1 fillet (87 g) = 3 meat exchanges	27
Mackerel, raw	1 fillet (110 g) = 3 meat exchanges	38
Mackerel, grilled	1 fillet (88 g) = 3 meat exchanges	29
Sardines, canned in oil, drained	1½ sardines	28
Cod, raw	1 fillet (230 g) = 6 meat exchanges	39
Cod, baked	1 fillet (180 g) = 6 meat exchanges	31
Sea bass, raw	1 fillet (130 g) = 3 meat exchanges	38
Sea bass, grilled	¼ fillet	30
Shrimp, raw	2 large shrimp	35
Shrimp, grilled	2 large shrimp	29
Shrimp, boiled or steamed	2 large shrimp	29
Calamari, raw	2¼ rings	45
Calamari, grilled	2 rings	33
Crab, cooked	1¼ crabs	39
Mussels, cooked	4 mussels	29
Clams, cooked	3 clams	27
Octopus, cooked	—	23
Trout, raw	½ fillet	35
Trout, grilled	1 fillet (71 g) = 2½ meat exchanges	29
Anchovy, canned in oil, drained	6 fillets	24

Food	Household measure (approx.)	Grams
Herring, raw	1 fillet (185 g) = 5 meat exchanges	39
Herring, grilled	1 fillet (145 g) = 5 meat exchanges	30
Lobster, cooked	1 lobster (165 g) = 6 meat exchanges	27
Scallops, cooked	2½ scallops	34
Halibut, raw	¼ fillet	38
Catfish, raw	¼ fillet	43
Pollock, raw	—	41
Swordfish, raw	¼ steak	36
Sardine, fresh, raw	—	36
Oysters, raw	1½ oysters	74
Anchovy, fresh, raw	—	34
Caviar	2 tbsp	28
Crawfish, cooked	13 crayfish	42
Mackerel, canned in oil, drained	—	34
Salmon, smoked	1½ slices	32
Salmon, canned, drained	—	30
Imitation crab	5 sticks	92
Grey mullet, raw	1 fillet (120 g) = 3 meat exchanges	36
Grey mullet, grilled	1 fillet (93 g) = 3 meat exchanges	28
Sea bream, raw	½ fillet	33
Sea bream, grilled	—	30
Grouper, raw	1 fillet (260 g) = 7 meat exchanges	36
Grouper, grilled	1 fillet (200 g) = 7 meat exchanges	28
Kingfish, raw	1 fillet (180 g) = 5 meat exchanges	34
Kingfish, grilled	1 fillet (140 g) = 5 meat exchanges	27
Sole, raw	¼ fillet	39
Red mullet, raw	—	38
Herring, smoked	½ fillet	28
Fesikh, salted fermented mullet	—	33
Egg white, raw	2 egg whites	64
Cottage cheese	¼ cup	56
White cheese, light	—	58
Seitan	—	34
TVP, dry	2½ tbsp	14
Plant-based burger patty	1 patty (115 g) = 2½ meat exchanges	45

Medium fat

73 kcal · 0 g carbs · 7 g protein · 5 g fat

Food	Household measure (approx.)	Grams
Chicken breast, fried	1 medium breast (120 g) = 6 meat exchanges	21
Chicken thigh, skinless, fried	1 medium thigh (70 g) = 3 meat exchanges	25
Chicken drumstick, skinless, fried	½ drumstick	24
Chicken wing, raw	—	40
Chicken wing, grilled	—	29
Chicken wing, fried	—	27
Chicken, whole, roasted, meat and skin	¼ chicken (150 g) = 6 meat exchanges	26
Chicken sausage	1 link	45
Chicken breast, breaded and fried	1 medium breast (165 g) = 6 meat exchanges	30
Chicken, whole, raw, meat and skin	¼ chicken (230 g) = 6 meat exchanges	38
Chicken, whole, boiled, meat and skin	¼ chicken (165 g) = 6 meat exchanges	28
Chicken, whole, charcoal-grilled, meat and skin	¼ chicken (150 g) = 6 meat exchanges	26
Chicken liver, fried	1 liver	27
Chicken nuggets, cooked	2½ pieces	49
Chicken luncheon	2¼ slices	61
Ground beef, raw	—	41
Ground beef, grilled	—	27
Ground beef, roasted	—	28
Lamb, raw	—	41
Lamb, grilled	—	29
Lamb, roasted	—	27
Beef liver, fried	1 slice (85 g) = 3 meat exchanges	28
Beef steak, raw	1 steak (215 g) = 6 meat exchanges	34
Beef steak, grilled	1 steak (160 g) = 6 meat exchanges	26
Ground lamb, raw	—	42
Beef salami	2½ slices	56
Corned beef	1¼ slices	26
Ground beef, pan-browned	—	26
Lamb, boiled	—	24
Veal escalope, breaded and fried	¼ piece	26

Food	Household measure (approx.)	Grams
Beef tongue, cooked	—	36
Beef luncheon	4 slices	54
Beef burger patty, grilled	1 patty (85 g) = 3 meat exchanges	30
Salmon, fried	¼ fillet	30
Tilapia, fried	1 fillet (105 g) = 3 meat exchanges	31
Cod, fried	1 fillet (205 g) = 6 meat exchanges	35
Shrimp, fried	2 large shrimp	33
Calamari, fried	2½ rings	39
Sole, fried	¼ fillet	35
Red mullet, fried	—	33
Sardines, fried	—	32
Fish fillet, breaded and fried	½ fillet	52
Eggs, whole, raw	1 large	56
Eggs, boiled	1 large	56
Eggs, fried	1 medium	51
Eggs, poached	1 large	56
Eggs, scrambled	1¼ large	70
Omelette, plain	1 egg	66
White cheese, Domiati	—	48
Labneh	6 tbsp	93
Mozzarella cheese	1 slice	29
Feta cheese	—	49
Ricotta cheese	6 tbsp	93
Paneer cheese	1¼ cubes	38
Processed cheese spread	4 triangles	65
Akkawi cheese	—	43
Tofu, firm	—	40
Tempeh	—	34
Tofu, silken	—	145
Tofu, soft	—	97
Vegan sausage	—	34
Vegan chicken strips	1 serving (85 g) = 3 meat exchanges	30
Kofta, grilled	—	31
Chicken shawarma meat	—	27
Beef shawarma meat	—	28

High fat

100 kcal · 0 g carbs · 7 g protein · 8 g fat

Food	Household measure (approx.)	Grams
Beef sausage, grilled	—	38
Beef pepperoni	19 slices	39
Lamb chops, grilled	1 chop	32
Beef hot dog	1¼ sausages	60
Egg yolk, raw	2½ yolks	44
Cheddar cheese	1 slice	31
Parmesan cheese	4 tbsp	20
Halloumi cheese	1 slice	32
Provolone cheese	1 slice	27
Swiss cheese	1 slice	26
Gouda cheese	1 slice	28
Brie cheese	1¼ wedges	34
Blue cheese	1¼ wedges	33
Gruyere cheese	—	23
Monterey Jack cheese	1 slice	29
Processed cheese, slices	2 slices	41
Rumi cheese	1 slice	26
Kashkaval cheese	1 slice	27
Parmesan cheese, vegan	7 tbsp	35

Fats

Unsaturated fats first, then saturated.

Polyunsaturated

45 kcal · 0 g carbs · 0 g protein · 5 g fat

Food	Household measure (approx.)	Grams
Butter, vegan	½ tbsp	6
Tahini	2 tsp	9
Walnuts, raw	1 tbsp	8
Chia seeds	1½ tbsp	16
Flaxseed	—	12
Sesame seeds	1 tbsp	10
Sunflower seeds, raw	1 tbsp	10
Sunflower seeds, roasted	—	10
Sunflower seeds, salted	—	10
Pumpkin seeds, raw	—	10
Pumpkin seeds, roasted	1½ tbsp	10
Pine nuts	—	7

Food	Household measure (approx.)	Grams
Hemp seeds	1 tbsp	10
Poppy seeds	1½ tbsp	12
Sunflower seed butter	½ tbsp	9
Walnuts, roasted	1 tbsp	7
Watermelon seeds, dried	1½ tbsp	11
Sunflower oil	1 tsp	5
Sesame oil	1 tsp	5
Corn oil	1 tsp	5
Vegetable oil	1 tsp	5
Margarine	½ tbsp	6
Walnut oil	1 tsp	5
Flaxseed oil	1 tsp	5
Safflower oil	1 tsp	5
Grapeseed oil	1 tsp	5
Pumpkin seed oil	1 tsp	5
Soybean oil	1 tsp	5
Cottonseed oil	1 tsp	5
Mayonnaise	½ tbsp	7
Ranch dressing	—	11
Caesar dressing	½ tbsp	9
Vinaigrette dressing	—	10
Thousand Island dressing	1 tbsp	14
Tahini sauce	4 tsp	19
Garlic sauce, toum	½ tbsp	8

Monounsaturated

45 kcal · 0 g carbs · 0 g protein · 5 g fat

Food	Household measure (approx.)	Grams
Cashew cheese	1 tbsp	14
Cashew cream	1½ tbsp	23
Oat cream	2½ tbsp	38
Olives, black	10 olives	46
Olives, green	12 olives	33
Avocado, raw	¼ medium	34
Peanut butter	2 tsp	10
Almond butter	½ tbsp	9
Almonds, raw	1 tbsp	10
Almonds, roasted	1 tbsp	10
Almonds, salted	7 pieces	9
Cashews, raw	7 pieces	11
Cashews, roasted	7 pieces	11

Food	Household measure (approx.)	Grams
Cashews, salted	7 pieces	11
Peanuts, raw	1 tbsp	10
Peanuts, roasted	1 tbsp	10
Peanuts, salted	1 tbsp	10
Pistachios, raw	16 pieces	11
Pistachios, roasted	16 pieces	11
Pistachios, salted	16 pieces	11
Hazelnuts, raw	6 pieces	8
Pecans, raw	1 handful (28 g) = 4 fat exchanges	7
Brazil nuts	1½ pieces	7
Macadamia nuts, raw	—	7
Cashew butter	—	10
Pistachio butter	—	11
Pecans, roasted	1 handful (28 g) = 4 fat exchanges	7
Hazelnuts, roasted	6 pieces	8
Mixed nuts, roasted	1 tbsp	9
Olive oil	1 tsp	5
Canola oil	1 tsp	5
Avocado oil	1 tsp	5
Almond flour	1½ tbsp	10

Saturated

45 kcal · 0 g carbs · 0 g protein · 5 g fat

Food	Household measure (approx.)	Grams
Cream cheese	1 tbsp	15
Sour cream	2 tbsp	26
Cream, heavy whipping	1 tbsp	14
Mascarpone cheese	—	13
Half and half cream	3 tbsp	43
Eshta, clotted cream	—	13
Cream, cooking	1½ tbsp	26
Coconut milk, canned	1½ tbsp	23
Coconut cream, canned	1½ tbsp	21
Cheddar cheese, vegan	1 slice	25
Mozzarella cheese, vegan	1 slice	25
Cream cheese, vegan	1½ tbsp	19
Coconut, raw	3 tbsp	15
Coconut, shredded	1½ tbsp	8
Ghee, animal	1 tsp	5
Coconut oil	1 tsp	5
Butter	½ tbsp	6
Butter, salted	½ tbsp	6
MCT oil	1 tsp	5
Beef tallow	1 tsp	5
Vegetable ghee	1 tsp	5
Cocoa butter	—	5
Coconut flour	4½ tbsp	33

How the portions are worked out

A portion is the weight of a food that holds what its group's exchange is built on:

Starches and fruit	carbs
Meat and substitutes	protein
Fats	fat
Milk and legumes	carbs and protein together
Non-starchy vegetables	volume, ½ cup cooked or 1 cup raw
Plant milks	one cup, as for milk

Where one exchange is a small share of a piece, the table says what the whole piece counts as: "1 medium breast (120 g) = 5 meat exchanges".

Nutrition values come from RegimePlan's food catalog, mostly from USDA FoodData Central. Household measures are approximate, so go by the grams when it matters.

The list follows the exchange lists of the American Diabetes Association (ADA) and the Academy of Nutrition and Dietetics (AND), adapted for Egyptian foods. The foods and portions are RegimePlan's own calculations.

This list is a meal-planning reference for nutritionists and does not replace an assessment of each client.

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