

YOUR MEDITERRANEAN DIET:
EXCHANGE GUIDELINES

EXCHANGES FOR ~ 1800 kcal/ 30% Fat Diet

	Total Number of Exchanges	CHO	PRO	FAT
Bread/Starch	9	135	27	5
Milk	2	24	16	
Fruit	3	45		
Vegetable	5	25	10	
Meat	5		35	15
Fat	9			45
Total		229g	88g	65g
Calories		916	352	585 = 1853 Kcal
% Kcal		49	19	32