

Virginia Cooperative Extension Service

VIRGINIA TECH AND VIRGINIA STATE

• VIRGINIA'S LAND GRANT UNIVERSITIES

348-267
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Student Information Handout
Lesson 3
The NEAT Diet Plan

MISCELLANEOUS FOODS EXPRESSED IN EXCHANGE GROUPS

Mixed Dishes

<u>Brand</u>	<u>Kind</u>	<u>Amount/Serving</u>	<u>Exchange Equivalent</u>
Chef Boy-Ar-Dee	Spaghetti Sauce w/Meat	4 oz. (½ can)	1 bread, ½ meat, 1 fat (150 calories)
Chef Boy-Ar-Dee	Spaghetti Sauce w/Mushrooms	4 oz. (½ can)	1 bread, ½ meat, 1 fat (150 calories)
Chef Boy-Ar-Dee	Pizza Sauce	2 oz. (¼ cup)	1 fat (45 calories)
Chef Boy-Ar-Dee	Beefaroni	5 oz. (1/3 can)	1 bread, 1 meat (145 calories)
Chef Boy-Ar-Dee	Cheese Ravioli	5 oz. (1/3 can)	1½ breads, ½ meat, 1 fat (285 calories)
Chef Boy-Ar-Dee	Chili Con Carne w/Beans	5 oz. (1/3 can)	1½ breads, 1 fat, ½ meat (190 calories)
Chef Boy-Ar-Dee	Marinara Sauce	4 oz. (½ cup)	1 bread (70 calories)
Chef Boy-Ar-Dee	Meat Balls w/Gravy	5 oz. (1/3 can)	½ bread, 2 meats, 1 fat (230 calories)
Chef Boy-Ar-Dee	Ravioli w/Beef	5 oz. (1/3 can)	1½ breads, 1 fat (150 calories)
Chef Boy-Ar-Dee	Spaghetti & Meat Balls	5 oz. (1/3 can)	1 bread, 1 meat (145 calories)
Chef Boy-Ar-Dee	Spaghetti Sauce w/Meat	5 oz. (1/3 can)	1 bread, 1 fat (115 calories)
Chef Boy-Ar-Dee	Spaghetti Sauce w/Meat Balls	5 oz. (1/3 can)	1½ breads, 1 meat, 1 fat (225 calories)
Chef Boy-Ar-Dee	Spaghetti Sauce w/Mushrooms	5 oz. (1/3 can)	1 bread, ½ fat (95 calories)
Chef Boy-Ar-Dee	Meat Ball Stew	7 oz. (¼ can)	1 bread, 1 meat, 1 fat (190 calories)
Chef Boy-Ar-Dee	Lasagna	8 oz. (1/5 can)	2 breads, 1 meat, 2 fats (300 calories)
Chef Boy-Ar-Dee	Ravioli w/Beef	8 oz. (1/5 can)	2½ breads, 1 meat, 1 fat (300 calories)
Chef Boy-Ar-Dee	Spaghetti & Meat Balls	8 oz. (1/5 can)	2 breads, 1 meat, ½ fat (240 calories)
Chef Boy-Ar-Dee	Pizza Pie Mix (made w/water)	¼	2 breads, 1 fat (185 calories)

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<u>Brand</u>	<u>Kind</u>	<u>Amount/Serving</u>	<u>Exchange Equivalent</u>
Chef Boy-Ar-Dee	Spaghetti & Meat Ball Dinner	1/6	3 breads, 1 meat (285 calories)
Chef Boy-Ar-Dee	Spaghetti w/Meat Dinner	1/6	2½ breads, 1 meat (250 calories)
Chef Boy-Ar-Dee	Frozen Beef Ravioli	8 oz. (½ can)	2½ breads, 1 meat, 1 fat (300 calories)
Chef Boy-Ar-Dee	Frozen Cheese Ravioli	8 oz. (½ can)	2 breads, 1 meat, 1 fat (260 calories)
Chef Boy-Ar-Dee	Frozen Lasagna	8 oz. (½ can)	1½ breads, 2 meats, 1 fat (300 calories)
Chef Boy-Ar-Dee	Frozen Maniocotti	8 oz. (½ can)	2 breads, 2 meats, 3 fats (425 calories)
Golden Grain Co.	Spaghetti Dinner	1 cup	3 breads, 1 fat (225 calories)
Golden Grain Co.	Cheese Rice-A-Roni	1 cup	2½ breads, 1 meat, 1 fat (300 calories)
Golden Grain Co.	Spanish Rice-A-Roni	1 cup	2½ breads, 2 fats (265 calories)
Golden Grain Co.	Wild Rice-A-Roni	1 cup	3 breads, 2 fats (300 calories)
Golden Grain Co.	Twist-A-Roni	1 cup	2½ breads, 1 fat (220 calories)
Golden Grain Co.	Scallop-A-Roni	1 cup	2 breads, 1 meat (215 calories)
Campbell Soup Co.	Macaroni w/Cheese	1 cup	1½ breads, 1 meat (180 calories)
Campbell Soup Co.	Italian Style Spaghetti	1 cup	2 breads (140 calories)
Campbell Soup Co.	Spaghetti & Ground Beef	1 cup	1½ breads, 1 meat, 1 fat (225 calories)
Campbell Soup Co.	Spaghetti & Tomato Sauce	1 cup	2 breads (140 calories)
Campbell Soup Co.	Spaghetti & Meatballs	1 cup	1½ breads, 1 meat, 1 fat (225 calories)
Campbell Soup Co.	Spaghetti Sauce & Meat	1 cup	1 bread, 1 meat, 1 fat (190 calories)
Campbell Soup Co.	Spaghetti Sauce & Mushrooms	1 cup	1½ breads, 2 fats (195 calories)
Campbell Soup Co.	Barbecue Beans	3/4 cup	2 breads (140 calories)
Campbell Soup Co.	Pork & Beans	3/4 cup	2½ breads (175 calories)
Campbell Soup Co.	Beans & Franks	1 cup 1	2 breads, 2 meats, 1 fat (335 calories)
Stouffer's Frozen Meals	Roast Beef Hash	½ pkg. (6 oz.)	1 bread, 2 meats (220 calories)

<u>Brand</u>	<u>Kind</u>	<u>Amount/Serving</u>	<u>Exchange Equivalent</u>
Stouffer's Frozen Meals	Lobster Newburg	½ pkg. (6 oz.)	½ bread, 2 meats, 3 fat (320 calories)
Stouffer's Frozen Meals	Swiss Steak	½ pkg. (5 oz.)	½ bread, 4 meats (335 calories)
Stouffer's Frozen Meals	Macaroni/Beef with Tomatoes	½ pkg. (6 oz.)	1 bread, 1 meat, 1 fat (190 calories)
Stouffer's Frozen Meals	Spinach Souffle	½ pkg. (6 oz.)	1 bread, 1 meat, 2 fat (235 calories)
Stouffer's Frozen Meals	Cheese Souffle	½ pkg. (6 oz.)	1 bread, 2 meats, 3 fats (355 calories)
Stouffer's Frozen Meals	Macaroni & Cheese	½ pkg. (6 oz.)	2 breads, 1 meat, 1 fat (260 calories)
Stouffer's Frozen Meals	Potatoes au Gratin	½ pkg. (6 oz.)	1 bread, 1 meat (145 calories)
Stouffer's Frozen Meals	Escalloped Chicken/Noodles	½ pkg. (6 oz.)	1 bread, 2 meats, 1 fat (265 calories)
Stouffer's Frozen Meals	Alaska King Crab Newburg	½ pkg. (6 oz.)	½ bread, 1 meat, 4 fats (290 calories)
Stouffer's Frozen Meals	Creamed Chicken	½ pkg. (6 oz.)	½ bread, 2 meats, 2 fats (275 calories)
Stouffer's Frozen Meals	Turkey Tetrazzini	½ pkg. (6 oz.)	2 breads, 2 meats, 1 fat (335 calories)
Stouffer's Frozen Meals	Beef Pie	½ pkg. (5 oz.)	1½ bread, 1 meat, 2 fats (270 calories)
Stouffer's Frozen Meals	Chicken Pie	½ pkg. (5 oz.)	1½ bread, 1 meat, 4 fats (360 calories)
Snow's	Welsh Rarebit	½ can (5 oz.)	1 bread, 1 meat, 2 fats (235 calories)
R & R	Chicken Fricassee	½ can (14 oz.)	1 bread, 2 meats (220 calories)
R & R	Chicken a la King	½ can (10 oz. can)	2 meats (150 calories)
Dinty Moore	Beef Stew	½ can (15 oz. can)	½ bread, 2 meats (185 calories)

T.V. Dinners

<u>Brand</u>	<u>Kind</u>	<u>Amount/Serving</u>	<u>Exchange Equivalent</u>
Morton	Ham	1 pkg.	1 bread, 5 meats, omit apple sauce (445 calories)
Heinz	Beef Stew	1 cup	1 bread, 1 meat (145 calories)
Heinz	Chicken Noodle Dinner	1 cup	1 bread, 1 meat (145 calories)
Heinz	Macaroni with Cheese Sauce	1 cup	1½ breads, 1 meat, 1 fat (225 calories)
Heinz	Macaroni Creole	1 cup	2 breads, 1 fat (185 calories)
Heinz	Chicken Stew w/Dumplings	1 cup	1 bread, 2 fats, 1 meat (235 calories)
Bounty (Campbell)	Beef Stew	1 cup	1 bread, 2 meats (225 calories)
Bounty (Campbell)	Chicken Stew	1 cup	1 bread, 1½ meats (185 calories)
Bounty (Campbell)	Chili Con Carne/ Beans	1 cup	1 bread, 1 meat (145 calories)
Kraft	Spaghetti Dinner	1 cup (150 grams)	1½ breads (105 calories)

Chinese Food

Chun King Corp.	Chicken Divider- Pak, Chow Mein	¼ total mix	2 breads, 2 meats (290 calories)
Chun King Corp.	Beef Divider-Pak, Chow Mein	¼ total mix	2 breads, 2 meats, 1 fat (335 calories)
Chun King Corp.	Mushroom Divider- Pak, Chow Mein	¼ total mix	2 breads (140 calories)
Chun King Corp.	Meatless Chow Mein	½ can	1 bread (70 calories)
Chun King Corp.	Subgum Chicken Chow Mein	½ can	1 bread (70 calories)
Chun King Corp.	Beef Chop Suey	½ can	1 bread (70 calories)
Chun King Corp.	Chinese Vegetables	½ can	Free
Chun King Corp.	Chop Suey Vegetables	½ can	Free
Chun King Corp.	Bean Sprouts	½ can	Free
Chun King Corp.	Chow Mein Noodles	½ can	1½ breads, 2 fats (195 calories)
Chun King Corp.	Chicken Chow Mein (Frozen)	8 oz. (½ pkg.)	1 bread, 1 meat (145 calories)
Chun King Corp.	Soya Sauce	As desired	Free

Soups

<u>Brand</u>	<u>Kind</u>	<u>Amount/Serving</u>	<u>Exchange Equivalent</u>
Any Brand	Bouillon	As desired	Free
Any Brand	Clear Broth	As desired	Free
Any Brand	Consomme	As desired	Free
Any Brand	Frozen Pea (green) w/Ham	scant $\frac{1}{2}$ cup concentrated ($3\frac{1}{2}$ oz.) dilute with $\frac{1}{2}$ cup water	1 bread, $\frac{1}{2}$ fat (95 calories)
Any Brand	Green Pea	scant $\frac{1}{2}$ cup concentrated ($3\frac{1}{2}$ oz.) dilute with $\frac{1}{2}$ cup water	1 bread, $\frac{1}{2}$ fat (95 calories)
Any Brand	Black Bean	scant $\frac{1}{2}$ cup concentrated ($3\frac{1}{2}$ oz.) dilute with $\frac{1}{2}$ cup water	1 bread (70 calories)
Any Brand	Tomato	scant $\frac{1}{2}$ cup concentrated ($3\frac{1}{2}$ oz.) dilute with $\frac{1}{2}$ cup water	1 bread (70 calories)
Any Brand	Tomato Rice	scant $\frac{1}{2}$ cup concentrated ($3\frac{1}{2}$ oz.) dilute with $\frac{1}{2}$ cup water	1 bread (70 calories)
Any Brand	Vegetable	scant $\frac{1}{2}$ cup concentrated ($3\frac{1}{2}$ oz.) dilute with $\frac{1}{2}$ cup water	1 bread (70 calories)
Any Brand	Vegetable Bean	scant $\frac{1}{2}$ cup concentrated ($3\frac{1}{2}$ oz.) dilute with $\frac{1}{2}$ cup water	1 bread (70 calories)
Any Brand	Asparagus, Cream of	scant $\frac{1}{2}$ cup concentrated ($3\frac{1}{2}$ oz.) diluted with $\frac{1}{2}$ cup water	$\frac{1}{2}$ bread, $\frac{1}{2}$ fat (60 calories)
Any Brand	Beef Noodle	scant $\frac{1}{2}$ cup concentrated ($3\frac{1}{2}$ oz.) dilute with $\frac{1}{2}$ cup water	$\frac{1}{2}$ bread, $\frac{1}{2}$ fat (60 calories)
Any Brand	Chicken Gumbo	scant $\frac{1}{2}$ cup concentrated ($3\frac{1}{2}$ oz.) dilute with $\frac{1}{2}$ cup water	$\frac{1}{2}$ bread, $\frac{1}{2}$ fat (60 calories)
Any Brand	Chicken Noodle	scant $\frac{1}{2}$ cup concentrated ($3\frac{1}{2}$ oz.) dilute with $\frac{1}{2}$ cup water	$\frac{1}{2}$ bread, $\frac{1}{2}$ fat (60 calories)
Any Brand	Potato, Cream of	scant $\frac{1}{2}$ cup concentrated ($3\frac{1}{2}$ oz.) dilute with $\frac{1}{2}$ cup water	$\frac{1}{2}$ bread, $\frac{1}{2}$ fat (60 calories)
Any Brand	Turkey Noodle	scant $\frac{1}{2}$ cup concentrated ($3\frac{1}{2}$ oz.) dilute with $\frac{1}{2}$ cup water	$\frac{1}{2}$ bread, $\frac{1}{2}$ fat (60 calories)
Any Brand	Turkey Vegetable	scant $\frac{1}{2}$ cup concentrated ($3\frac{1}{2}$ oz.) dilute with $\frac{1}{2}$ cup water	$\frac{1}{2}$ bread, $\frac{1}{2}$ fat (60 calories)

<u>Brand</u>	<u>Kind</u>	<u>Amount/Serving</u>	<u>Exchange Equivalent</u>
Any Brand	Vegetarian Vegetable	scant $\frac{1}{2}$ cup concentrated ($3\frac{1}{2}$ oz.) dilute with $\frac{1}{2}$ cup water	$\frac{1}{2}$ bread, $\frac{1}{2}$ fat (60 calories)
Any Brand	Beef Soup	scant $\frac{1}{2}$ cup concentrated ($3\frac{1}{2}$ oz.) dilute with $\frac{1}{2}$ cup water	$\frac{1}{2}$ meat, $\frac{1}{2}$ bread (75 calories)
Any Brand	Chicken Vegetable	scant $\frac{1}{2}$ cup concentrated ($3\frac{1}{2}$ oz.) dilute with $\frac{1}{2}$ cup water	$\frac{1}{2}$ meat, $\frac{1}{2}$ bread (75 calories)
Any Brand	Clam Chowder Manhattan Style	scant $\frac{1}{2}$ cup concentrated ($3\frac{1}{2}$ oz.) dilute with $\frac{1}{2}$ cup water	$\frac{1}{2}$ meat, $\frac{1}{2}$ bread (75 calories)
Any Brand	Pepper Pot	scant $\frac{1}{2}$ cup concentrated ($3\frac{1}{2}$ oz.) dilute with $\frac{1}{2}$ cup water	$\frac{1}{2}$ meat, $\frac{1}{2}$ bread (75 calories)
Any Brand	Scotch Broth	scant $\frac{1}{2}$ cup concentrated ($3\frac{1}{2}$ oz.) dilute with $\frac{1}{2}$ cup water	$\frac{1}{2}$ meat, $\frac{1}{2}$ bread (75 calories)
Any Brand	Vegetable Beef	scant $\frac{1}{2}$ cup concentrated ($3\frac{1}{2}$ oz.) dilute with $\frac{1}{2}$ cup water	$\frac{1}{2}$ meat, $\frac{1}{2}$ bread (75 calories)
Any Brand	Frozen Vegetable w/Beef, Old- Fashioned	scant $\frac{1}{2}$ cup concentrated ($3\frac{1}{2}$ oz.) dilute with $\frac{1}{2}$ cup water	$\frac{1}{2}$ meat, $\frac{1}{2}$ bread (75 calories)
Any Brand	Celery, Cream of	scant $\frac{1}{2}$ cup concentrated ($3\frac{1}{2}$ oz.) dilute with $\frac{1}{2}$ cup water	$\frac{1}{2}$ bread, 1 fat (80 calories)
Any Brand	Chicken, Cream of	scant $\frac{1}{2}$ cup concentrated ($3\frac{1}{2}$ oz.) dilute with $\frac{1}{2}$ cup water	$\frac{1}{2}$ bread, 1 fat (80 calories)
Any Brand	Minestrone	scant $\frac{1}{2}$ cup concentrated ($3\frac{1}{2}$ oz.) dilute with $\frac{1}{2}$ cup water	$\frac{1}{2}$ bread, 1 fat (80 calories)
Any Brand	Frozen Potato, Cream of	scant $\frac{1}{2}$ cup concentrated ($3\frac{1}{2}$ oz.) dilute with $\frac{1}{2}$ cup water	$\frac{1}{2}$ bread, 1 fat (80 calories)
Any Brand	Vegetable Cream of	scant $\frac{1}{2}$ cup concentrated ($3\frac{1}{2}$ oz.) dilute with $\frac{1}{2}$ cup water	$\frac{1}{2}$ bread, 1 fat (80 calories)
Any Brand	Split Pea with Ham	scant $\frac{1}{2}$ cup concentrated ($3\frac{1}{2}$ oz.) dilute with $\frac{1}{2}$ cup water	1 meat, 1 bread (145 calories)

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