VIRGINIA COOPERATIVE EXTENSION SERVICE

VIRGINIA TECH

VIRGINIA STATE

Publication 348-340   August 1984

DETERMINATION OF FOOD EXCHANGES FROM A RECIPE

Weight reduction is usually a long-term project. You will need to develop new food preferences and new methods of food preparation, to adjust to eating smaller amounts of foods, and to become more active. The most effective way to maintain a diet adequate in nutrients but low in calories is to reduce intake of "empty calorie" foods. These foods are considered "empty calorie" because they provide calories from carbohydrate and fat but only negligible amounts of other nutrients. However, it is not necessary to eliminate fat and sugar completely. Some fat is needed to provide certain fatty acids which are essential and which carry fat-soluble vitamins A, D, E, and K.

Dieting does not have to mean that food is dull. In fact, monotony in food selection or preparation may lead to the failure of a weight reduction program, so add interest and variety to meals and snacks by trying some new recipes.

There are many commercial low calorie cookbooks that may be helpful. Use cookbooks that indicate the number of calories per serving of each recipe. Determine the number of food exchanges contributed by the ingredients used in a recipe. Divide the total number of food exchanges for each food grouping by the number of servings. This will allow you to adapt recipes to fit your daily food exchange pattern.

Now try a recipe of your own on the back of this worksheet. Choose something that fits into one of the Six Food Groups rather than an "empty calorie" food. For example, a chicken casserole would be a more nutritious low calorie choice than apple pie. Pick one of your favorite recipes--we'll be sharing these with everyone! Mail in this completed worksheet. We will check it over and return it to you.

RECIPE FOR: _____

Name of Dish

From the files of: _____

Makes _____ servings, _____ calories each

1. Ingredients	2. Number of Exchanges	3. Calories in One Exchange	4. Total Calories

Preparation Directions

Per serving: To calculate these figures, take the number of exchanges (column 2) divided by the number of servings--for example, 10 meat exchanges divided by 5 servings = 2 meat exchanges per serving.

Total calories _____ divided by _____ servings = _____ calories/serving

_____ exchanges	Milk
_____ exchanges	Meat
_____ exchanges	Bread
_____ exchanges	Fruit
_____ exchanges	Vegetable
_____ exchanges	Fat