

Fruit and Vegetables Update

April 2016

After an extensive review of the protein and amino acid content of fruit and vegetables, the following changes have been made to our current fruit and vegetable listings.

Exchange Foods

Changes have been made to the quantity of the following foods that are counted as exchanges:

Potato: 80g (1 egg sized potato) = 1 exchange

Mashed potato: 1½ blue scoops = 1 exchange

Peas: 2 tablespoons = 1 exchange

Banana: 1 banana (any size) = free, 2 bananas (any size) = 1 exchange

Broad beans: 10 broad beans = 1 exchange

Please note: Potato Chips: 80 g (equivalent to 1 egg sized potato) = 1 exchange = 8 chips

Fruit & Vegetables That Need to be Counted if >1 Portion is Taken

For the following fruit and vegetables, if the portion identified below is taken **once a day** this portion can be counted **freely**.

However if **more than this portion** is taken, then this portion of fruit or vegetables needed to be **counted as 1 exchange**.

For example, 5 mushrooms in the day can be taken freely, but if 10 mushrooms are taken, then the additional 5 mushrooms should be counted as 1 exchange. Also, 80 g of sweet potato in the day can be taken freely, but if 200g of sweet potato is taken, then the additional 120g should be counted as 1 ½ exchanges.

Bananas: 1 banana

Plantain: 1 plantain

Broccoli: 8 florets (85g)

Pomegranate: 1 pomegranate

Brussel sprouts: 6 sprouts (90g)

Sharon fruit: 1 sharon fruit

Cauliflower: 9 small florets (90g)

Spinach: 45g, cooked (1 blue scoop)

Mushrooms: 5 mushrooms (80g)

Sweet potato: 80g (1½ blue scoops)

Oranges: 1 orange

Yam: 100g

Free Fruit & Vegetables

The following fruit and vegetables are considered free foods.

Fruit – fresh, tinned & frozen varieties.

Apple	Grapes	Passion fruit
Apricots	Guava	Peaches
Blackberries	Jackfruit	Pears
Blackcurrants	Kiwi	Physalis
Blueberries	Kumquat	Pineapple
Cherries	Lemons	Plums
Clementine	Limes	Prunes
Cranberries	Lychees	Raisins
Currants	Mandarins	Raspberries
Damsons	Mangoes	Rhubarb
Dates	Mangosteens	Satsuma's
Dragon fruit	Melon cantaloupe	Star fruit
Figs	Melon honeydew	Strawberries
Ginger	Nectarines	Sultanas
Gooseberries	Olives	Tangerines
Grapefruit	Papaya	Watermelon

Vegetables – fresh, tinned & frozen varieties.

Artichokes	Cucumber	Peppers
Asparagus	Curly kale	Pumpkin
Aubergine	Fennel	Radish
Beansprouts	French beans	Rocket
Beetroot	Garlic	Runner beans
Butternut squash	Gherkin	Samphire
Cabbage	Green beans	Scallions
Carrots	Leeks	Shallots
Cassava	Lettuce	Spring onion
Capers	Mangetout	Sugar snap peas
Celeriac	Okra	Swede
Celery	Onions	Tomato
Chayote	Pak choi	Turnip
Courgette	Parsnips	Water Chestnuts