



Food Exchange List 簡易食物份量代換表(英文)

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| <p>1 serving of milk (80-120-150kcal)</p> | <p>1 serving of vegetables (25 Kcal)</p> |
| <p>= 2.5TBSP Skimmed · 3TBSP Low-fat milk power</p> <p>= Skim milk · Low-fat milk (240cc)</p> <p>= 4 TBSP whole milk powder</p> <p>= Full-cream milk (240cc)</p> | <p>= 100 grams of a variety of green leafy vegetables, also includes eggplants, bamboo, and kelp (about 1 bowl)</p> |
| <p>1 serving of cereal (70 kcal)</p> | <p>2 servings of cereal (140 kcal)</p> |
| <p>= Rice 1/4 bowl = steamed bun 1/3 = soda cookies 3 pieces = porridge 1/2 bowl = Cooked noodles 1/2 bowl = rice flour 1/2 bowl = Toast 1/2 piece = 1 Small bread = Cereal 3 TBSP = Radish Cake 1 piece = 10 small tang yuan = 3 chestnut (big) = 1 yam (small) = 8 ling jiao = 8 Chinese water chestnut = Job's tears (adzuki bean · mung bean) 2 TBSP = 40 lotus seed = dumpling wrapper 3 piece = won ton wrapper 6 piece = spring rolls wrapper 1.5 piece = 2/3 corn = mealie 1 cup</p> <p>= 1/2 sweet potatoes (small) = 1/2 potatoes (middle)</p> | <p>= Rice 1 / 2 bowl = steamed bun 2/3 = 1 Hamburg bread = porridge 1 bowl = Cooked noodles 1 bowl = rice flour 1 bowl = Green bean noodle 1 bowl = Toast 1 piece = Thick Toast 1 piece = 2 Small bread = soda cookies 6 pieces = Radish Cake 2 piece = 1 clay oven rolls (+1 teaspoon oil) = 1 fried bread stick (+2teaspoon oil) = Cereal 6 TBSP = Job's tears (adzuki bean · mung bean) 4 TBSP = dumpling wrapper 6 piece = won ton wrapper 12 piece = 4/3 corn = mealie 2 cup = 1 sweet potatoes (small) = 1 potatoes (middle)</p> |

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| <p>3 servings of cereal (210 kcals)</p> | <p>4 servings of cereal (280 kcals)</p> |
| <p>= Rice 3/4 bowl = steamed bun 1 = porridge 1.5 bowl = Cooked noodles 1.5 bowl = rice flour 1.5 bowl = Green bean noodle 1.5 bowl = vermicelli 1.5 bowl = macaroni 1cup</p> <p>= Toast 3/2 piece = 3 Small bread = Radish Cake 3 piece = 1/3 Melonpan = 1 Biscuits = Job's tears (adzuki bean · mung bean) 6 TBSP = dumpling wrapper 9 piece = 2 corn</p> | <p>= Rice 1 bowl = steamed bun 4/3</p> <p>= porridge 2 bowl = Cooked noodles 2 bowl = rice flour 2 bowl = Green bean noodle 2 bowl = vermicelli 2 bowl = Toast 2 piece = Thick Toast 1/2 piece = Radish Cake 4 piece = dumpling wrapper 12 piece</p> |
| <p>1 serving of oil (45 kcals)</p> <p>(1 teaspoon oil = 1/3 TBSP oil)</p> | <p>90 calories of alcohol</p> |
| <p>= 1 teaspoon vegetable oil (soybean oil · peanut oil · olive oil...) = 1 teaspoon margarine = 1 teaspoon mayonnaise = 1 teaspoon peanut butter = 2 teaspoon butter = 4 teaspoon sesame = 1 TBSP Cream UHT = 1 TBSP peanut powder = 1 TBSP seeds = 2 walnut = 5 cashew nut · Almond = 15 pistachio = 10peanut = 2TBSP avocado = bacon 1 piece</p> | <p>= 30ml kaoliang liquor</p> <p>= 40ml brandy · whiskey · vodka</p> <p>= 70ml rice wine</p> <p>= 90ml TAIWAN V.O{VERY OLD }SHAOHSING CHIEW {WINE}</p> <p>= 100ml Shaoxing · red dew wine</p> <p>= 120ml wine</p> <p>= 260ml Taiwan beer</p> |
| <p>1 serving of low fat and middle fat meat</p> <p>(55 - 75kcals)</p> | <p>1 serving of fruit (60 kcals)</p> |
| <p>= 37g meat (pork · beef · mutton · chicken · duck)</p> <p>= 37g fish (Does not contain the fish bones)</p> | <p>= 1 orange = 1 starfruit (small)</p> <p>= 1 Juicy Peach (small) = 1 mango (small)</p> <p>= 1 kiwifruit = 1 guava = 1 California peach</p> |

= 2 shrimps = 1 egg = dried meat
flakes 2 TBSP (+5g carbohydrate) =
soybean milk (no sugar) 240cc = Stir
fried skin bean curd 1/2 piece

= bean curd 1/2 case = dried bean
curds 2 piece = Dashi dried bean curds
1/3 piece = fried tofu 2piece (+2.5g
oil) = shredded dried tofu 2 TBSP =
bean products chicken 1/2

= soya beans 1/2 bowl (+10g
carbohydrate)

= Grapefruit half = Apple (large) half =
Pears (large) half = Half the banana
root = durian 1 TBSP = White pomelos
1 / 3 = lemon 1.5 = granadilla 1.5 =
melon half = papaya 1/4 = Pinapple 1
piece = watermelon (1 bowl)

= grapes 8-10 = cherry 9 = strawberry
9

= 5 litchi = 5 shan zhu = 4 plum

= persimmon 3/4 = sakya 2/5

若有任何疑問，請不吝與我們聯絡
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