

ACORN SQUASH RINGS

1 serving equals 170 calories, 7 g fat (4 g saturated fat), 15 mg cholesterol, 136 mg sodium, 28 g carbohydrate, 4 g fiber, 2 g protein.

APPLE CINNAMON MUFFINS

1 muffin equals 159 calories, 4 g fat (3 g saturated fat), 28 mg cholesterol, 140 mg sodium, 28 g carbohydrate, 1 g fiber, 2 g protein.

ARTICHOKE MUSHROOM CAPS

3 mushroom caps equals 173 calories, 15 g fat (4 g saturated fat), 16 mg cholesterol, 251 mg sodium, 7 g carbohydrate, 1 g fiber, 4 g protein.

ASIAN CHILI

1 serving equals 166 calories, 6 g fat (3 g saturated fat), 33 mg cholesterol, 548 mg sodium, 12 g carbohydrate, 3 g fiber, 15 g protein.

ASPARAGUS HAM SPIRALS

2 spirals equals 171 calories, 12 g fat (6 g saturated fat), 31 mg cholesterol, 495 mg sodium, 8 g carbohydrate, trace fiber, 6 g protein.

BACON CHEESEBURGER RICE

1 cup equals 361 calories, 15 g fat (8 g saturated fat), 62 mg cholesterol, 606 mg sodium, 32 g carbohydrate, 1 g fiber, 2 g protein.

BACON-CORN STUFFED PEPPERS

1 stuffed pepper half (prepared with part-skim mozzarella cheese and without additional salsa) equals 120 calories, 2 g fat (1 g saturated fat), 3 mg cholesterol, 151 mg sodium, 23 g carbohydrate, 4 g fiber, 4 g protein. **Diabetic Exchanges:** 1 starch, 1 vegetable, 1/2 fat.

BACON-TOMATO SPINACH SALAD

2 cups equals 390 calories, 27 g fat (4 g saturated fat), 15 mg cholesterol, 800 mg sodium, 27 g carbohydrate, 15 g fiber, 22 g protein.

BACON-TOPPED GRILLED CHEESE

1 serving equals 554 calories, 30 g fat (17 g saturated fat), 84 mg cholesterol, 1,085 mg sodium, 43 g carbohydrate, 3 g fiber, 28 g protein.

BAKED BEANS WITH PINEAPPLE

1/2 cup equals 266 calories, 10 g fat (3 g saturated fat), 22 mg cholesterol, 830 mg sodium, 37 g carbohydrate, 8 g fiber, 12 g protein.

BAKED CRAB DIP

2 tablespoons equals 100 calories, 6 g fat (4 g saturated fat), 24 mg cholesterol, 140 mg sodium, 7 g carbohydrate, trace fiber, 4 g protein.

BAKED PARMESAN FISH

1 serving (prepared with 2% milk) equals 154 calories, 5 g fat (2 g saturated fat), 83 mg cholesterol, 382 mg sodium, 4 g carbohydrate, trace fiber, 22 g protein. **Diabetic Exchange:** 3 lean meat.

BAKED TROUT FILLETS

4 ounces equals 300 calories, 18 g fat (10 g saturated fat), 111 mg cholesterol, 431 mg sodium, 3 g carbohydrate, trace fiber, 28 g protein.

BANANA BERRY DRINK

3/4 cup equals 100 calories, 1 g fat (1 g saturated fat), 3 mg cholesterol, 13 mg sodium, 22 g carbohydrate, 2 g fiber, 2 g protein. **Diabetic Exchange:** 1-1/2 fruit.

BEAN 'N' CHEESE BURRITOS

1 burrito equals 502 calories, 24 g fat (12 g saturated fat), 45 mg cholesterol, 1,631 mg sodium, 54 g carbohydrate, 6 g fiber, 21 g protein.

BEEF AND CORN CASSEROLE

1 cup equals 295 calories, 10 g fat (4 g saturated fat), 64 mg cholesterol, 698 mg sodium, 33 g carbohydrate, 3 g fiber, 17 g protein.

BLACKBERRY COBBLER

1 serving equals 410 calories, 23 g fat (14 g saturated fat), 63 mg cholesterol, 507 mg sodium, 50 g carbohydrate, 2 g fiber, 3 g protein.

BLT DIP

2 tablespoons equals 123 calories, 12 g fat (3 g saturated fat), 15 mg cholesterol, 155 mg sodium, 1 g carbohydrate, trace fiber, 2 g protein.

BLUE CHEESE GARLIC DIP

2 tablespoons equals 116 calories, 11 g fat (2 g saturated fat), 20 mg cholesterol, 328 mg sodium, 2 g carbohydrate, trace fiber, 3 g protein.

BLUE CHEESE VINAIGRETTE

2 tablespoons equals 122 calories, 12 g fat (2 g saturated fat), 3 mg cholesterol, 125 mg sodium, 4 g carbohydrate, trace fiber, 1 g protein.

BLUEBERRY OAT MUFFINS

1 muffin equals 177 calories, 7 g fat (0 saturated fat), 0 cholesterol, 131 mg sodium, 27 g carbohydrate, 1 g fiber, 3 g protein. **Diabetic Exchanges:** 1-1/2 starch, 1-1/2 fat.

BLUEBERRY SNACK CAKE

1 piece equals 185 calories, 6 g fat (4 g saturated fat), 39 mg cholesterol, 88 mg sodium, 30 g carbohydrate, 1 g fiber, 3 g protein.

BREADED CHICKEN BREASTS

1 piece equals 299 calories, 15 g fat (8 g saturated fat), 95 mg cholesterol, 694 mg sodium, 11 g carbohydrate, trace fiber, 28 g protein.

BROCCOLI CHOWDER

1 cup equals 200 calories, 11 g fat (7 g saturated fat), 36 mg cholesterol, 561 mg sodium, 19 g carbohydrate, 2 g fiber, 7 g protein.

BROCCOLI-CHEESE STUFFED PIZZA

1 slice equals 252 calories, 10 g fat (4 g saturated fat), 22 mg cholesterol, 415 mg sodium, 30 g carbohydrate, 2 g fiber, 10 g protein.

BROCCOLI HAM QUICHE

1 piece equals 190 calories, 11 g fat (6 g saturated fat), 177 mg cholesterol, 665 mg sodium, 8 g carbohydrate, 1 g fiber, 14 g protein.

BROILED BANANAS A LA MODE

1 serving equals 315 calories, 8 g fat (6 g saturated fat), 19 mg cholesterol, 68 mg sodium, 62 g carbohydrate, 4 g fiber, 3 g protein.

BUFFALO CHICKEN PIZZA

2 slices equals 958 calories, 38 g fat (20 g saturated fat), 218 mg cholesterol, 3,563 mg sodium, 74 g carbohydrate, 3 g fiber, 76 g protein.

BUTTERED ORANGE CIDER

1 cup equals 267 calories, 8 g fat (5 g saturated fat), 20 mg cholesterol, 86 mg sodium, 50 g carbohydrate, 1 g fiber, trace protein.

BUTTERY ALMOND COOKIES

2 cookies equals 148 calories, 10 g fat (5 g saturated fat), 20 mg cholesterol, 77 mg sodium, 14 g carbohydrate, 1 g fiber, 2 g protein.

CABBAGE AU GRATIN

1/2 cup equals 111 calories, 6 g fat (4 g saturated fat), 15 mg cholesterol, 436 mg sodium, 10 g carbohydrate, 2 g fiber, 5 g protein.

CEREAL COOKIE BARS

1 bar equals 128 calories, 4 g fat (3 g saturated fat), 7 mg cholesterol, 69 mg sodium, 22 g carbohydrate, 1 g fiber, 2 g protein.

CHEDDAR BUTTERMILK BISCUITS

1 biscuit equals 261 calories, 14 g fat (9 g saturated fat), 39 mg cholesterol, 530 mg sodium, 28 g carbohydrate, 1 g fiber, 6 g protein.

CHEDDAR CHICKEN PIE

1 piece equals 418 calories, 25 g fat (15 g saturated fat), 205 mg cholesterol, 924 mg sodium, 18 g carbohydrate, 2 g fiber, 30 g protein.

CHEDDAR SHRIMP NACHOS

2 nachos equals 49 calories, 4 g fat (1 g saturated fat), 18 mg cholesterol, 72 mg sodium, 2 g carbohydrate, trace fiber, 2 g protein.

CHEDDAR TATERS

1 cup equals 446 calories, 32 g fat (16 g saturated fat), 72 mg cholesterol, 871 mg sodium, 33 g carbohydrate, 3 g fiber, 10 g protein.

CHERRY ALMOND PULL-APART BREAD

1 piece equals 191 calories, 6 g fat (2 g saturated fat), 9 mg cholesterol, 242 mg sodium, 31 g carbohydrate, 2 g fiber, 4 g protein.

CHERRY CREAM CHEESE DESSERT

1 piece equals 418 calories, 18 g fat (11 g saturated fat), 56 mg cholesterol, 237 mg sodium, 59 g carbohydrate, 1 g fiber, 7 g protein.

CHERRY PEACH COBBLER

1 serving equals 400 calories, 14 g fat (8 g saturated fat), 40 mg cholesterol, 355 mg sodium, 64 g carbohydrate, 1 g fiber, 4 g protein.

CHICKEN-FRIED STEAKS

1 chicken-fried steak equals 537 calories, 11 g fat (5 g saturated fat), 186 mg cholesterol, 865 mg sodium, 64 g carbohydrate, 2 g fiber, 43 g protein.

CHICKEN WITH ASIAN STUFFING

1 serving equals 688 calories, 47 g fat (23 g saturated fat), 183 mg cholesterol, 881 mg sodium, 29 g carbohydrate, 3 g fiber, 36 g protein.

CHICKEN WITH FETTUCCINE

1 serving (1 each) equals 537 calories, 17 g fat (7 g saturated fat), 105 mg cholesterol, 436 mg sodium, 60 g carbohydrate, 5 g fiber, 39 g protein.

CHILLED HOT CHOCOLATE

1-1/4 cups (prepared with sugar-free hot cocoa mix, fat-free half-and-half and reduced-fat frozen yogurt) equals 210 calories, 2 g fat (trace saturated fat), 4 mg cholesterol, 340 mg sodium, 37 g carbohydrate, 3 g fiber, 9 g protein. **Diabetic Exchanges:** 1-1/2 fat-free milk, 1 starch.

CHINESE CHICKEN SOUP

1-1/2 cups equals 149 calories, 4 g fat (1 g saturated fat), 42 mg cholesterol, 936 mg sodium, 11 g carbohydrate, 3 g fiber, 17 g protein.

CHIPPY BLOND BROWNIES

1 brownie equals 141 calories, 7 g fat (3 g saturated fat), 25 mg cholesterol, 104 mg sodium, 19 g carbohydrate, 1 g fiber, 2 g protein.

CHOCOLATE BERRY ANGEL TORTE

1 piece equals 213 calories, 8 g fat (7 g saturated fat), 7 mg cholesterol, 181 mg sodium, 31 g carbohydrate, 1 g fiber, 2 g protein.

CILANTRO BEAN DIP

1/4 cup dip (prepared with frozen corn and fat-free Italian dressing) equals 46 calories, trace fat (trace saturated fat), trace cholesterol, 158 mg sodium, 9 g carbohydrate, 2 g fiber, 2 g protein. **Diabetic Exchanges:** 1/2 starch.

COLORFUL VEGETABLE MEDLEY

1 cup prepared with 1 tablespoon Worcestershire sauce equals 122 calories, 6 g fat (4 g saturated fat), 16 mg cholesterol, 129 mg sodium, 17 g carbohydrate, 6 g fiber, 2 g protein. **Diabetic Exchanges:** 1 starch, 1 fat.

CORNED BEEF POTATO DINNER

1 cup equals 216 calories, 6 g fat (2 g saturated fat), 32 mg cholesterol, 1,040 mg sodium, 28 g carbohydrate, 4 g fiber, 12 g protein.

CORNY RICE

1 cup equals 183 calories, 4 g fat (1 g saturated fat), 0 cholesterol, 300 mg sodium, 34 g carbohydrate, 2 g fiber, 4 g protein.

CRAN-APPLE COOKIE COBBLER

1 serving equals 388 calories, 12 g fat (3 g saturated fat), 16 mg cholesterol, 253 mg sodium, 70 g carbohydrate, 2 g fiber, 3 g protein.

CRAN-RASPBERRY SHERBET MOLD

1 serving equals 114 calories, trace fat (trace saturated fat), 1 mg cholesterol, 36 mg sodium, 28 g carbohydrate, 1 g fiber, 1 g protein.

CRANBERRY PEARL ONIONS

3/4 cup equals 195 calories, 4 g fat (1 g saturated fat), 5 mg cholesterol, 235 mg sodium, 41 g carbohydrate, 2 g fiber, 1 g protein.

CRANBERRY RAISIN PIE

1 slice equals 407 calories, 16 g fat (7 g saturated fat), 14 mg cholesterol, 217 mg sodium, 66 g carbohydrate, 1 g fiber, 3 g protein.

CRAWFISH-STUFFED PORK TENDERLOINS

1 slice equals 207 calories, 7 g fat (3 g saturated fat), 100 mg cholesterol, 613 mg sodium, 16 g carbohydrate, 1 g fiber, 19 g protein.

CREAMY CORN CRAB SOUP

1 cup equals 204 calories, 6 g fat (3 g saturated fat), 35 mg cholesterol, 703 mg sodium, 31 g carbohydrate, 3 g fiber, 11 g protein.

CREAMY HOT WHITE CHOCOLATE

3/4 cup equals 397 calories, 27 g fat (18 g saturated fat), 96 mg cholesterol, 116 mg sodium, 23 g carbohydrate, trace fiber, 8 g protein.

CRUNCHY CANDY CLUSTERS

1 candy cluster equals 112 calories, 6 g fat (4 g saturated fat), trace cholesterol, 51 mg sodium, 14 g carbohydrate, trace fiber, 1 g protein.

CUKES AND CARROTS

1/2 cup equals 131 calories, trace fat (trace saturated fat), 0 cholesterol, 401 mg sodium, 32 g carbohydrate, 2 g fiber, 2 g protein.

CUMIN CHICKEN WITH APPLES

1 serving equals 464 calories, 26 g fat (9 g saturated fat), 123 mg cholesterol, 1,263 mg sodium, 23 g carbohydrate, 4 g fiber, 33 g protein.

CURRIED CHICKEN PITAS

2 pita halves equal 655 calories, 39 g fat (6 g saturated fat), 72 mg cholesterol, 537 mg sodium, 49 g carbohydrate, 4 g fiber, 28 g protein.

DANISH COFFEE CAKE

1 piece equals 224 calories, 14 g fat (7 g saturated fat), 66 mg cholesterol, 159 mg sodium, 21 g carbohydrate, 1 g fiber, 3 g protein.

DEVELOPED EGGS

2 egg halves equals 114 calories, 9 g fat (2 g saturated fat), 214 mg cholesterol, 293 mg sodium, 1 g carbohydrate, trace fiber, 6 g protein.

DOUBLE CHIP CHEESECAKE BARS

1 bar equals 166 calories, 11 g fat (6 g saturated fat), 33 mg cholesterol, 78 mg sodium, 15 g carbohydrate, 1 g fiber, 2 g protein.

DOUBLE SAUSAGE PIZZA

2 slices equals 564 calories, 34 g fat (14 g saturated fat), 73 mg cholesterol, 1,269 mg sodium, 39 g carbohydrate, 3 g fiber, 24 g protein.

DRIED BEEF DIP

2 tablespoons equals 69 calories, 6 g fat (4 g saturated fat), 15 mg cholesterol, 168 mg sodium, 2 g carbohydrate, 0 fiber, 2 g protein.

EASY BAKED POTATO SOUP

1 cup equals 261 calories, 16 g fat (8 g saturated fat), 40 mg cholesterol, 618 mg sodium, 23 g carbohydrate, 2 g fiber, 7 g protein.

EASY OAT BRAN MUFFINS

1 muffin equals 184 calories, 7 g fat (2 g saturated fat), 31 mg cholesterol, 130 mg sodium, 28 g carbohydrate, 2 g fiber, 5 g protein.

ELEGANT ARTICHOKE

1 artichoke equals 472 calories, 44 g fat (6 g saturated fat), 0 cholesterol, 667 mg sodium, 20 g carbohydrate, 7 g fiber, 5 g protein.

ENCHILADA MEATBALLS

3 meatballs equals 46 calories, 2 g fat (1 g saturated fat), 10 mg cholesterol, 103 mg sodium, 2 g carbohydrate, trace fiber, 3 g protein.

FILLETS WITH PLUM SAUCE

1 serving equals 325 calories, 17 g fat (8 g saturated fat), 87 mg cholesterol, 273 mg sodium, 20 g carbohydrate, 1 g fiber, 24 g protein.

FOCACCIA BREAD

1 slice equals 115 calories, 4 g fat (1 g saturated fat), trace cholesterol, 63 mg sodium, 17 g carbohydrate, 1 g fiber, 3 g protein.

FRIED DILL PICKLE COINS

1/3 cup equals 275 calories, 16 g fat (2 g saturated fat), 56 mg cholesterol, 907 mg sodium, 28 g carbohydrate, 2 g fiber, 6 g protein.

FRUIT SMOOTHIES

1 cup equals 145 calories, 4 g fat (3 g saturated fat), 17 mg cholesterol, 61 mg sodium, 24 g carbohydrate, 2 g fiber, 5 g protein. **Diabetic Exchanges:** 1 fruit, 1/2 milk.

GARDEN BISCUITS

1 biscuit equals 147 calories, 7 g fat (2 g saturated fat), 1 mg cholesterol, 140 mg sodium, 18 g carbohydrate, 1 g fiber, 3 g protein. **Diabetic Exchanges:** 1-1/2 fat, 1 starch.

GARLIC CHUCK ROAST

4 ounces equals 385 calories, 22 g fat (9 g saturated fat), 118 mg cholesterol, 425 mg sodium, 10 g carbohydrate, 2 g fiber, 35 g protein.

GARLIC SHRIMP STIR-FRY

1 cup stir-fry (calculated without rice) equals 205 calories, 8 g fat (4 g saturated fat), 188 mg cholesterol, 563 mg sodium, 8 g carbohydrate, 2 g fiber, 25 g protein. **Diabetic Exchanges:** 3 lean meat, 1 vegetable.

GINGER ICED TEA

1 cup equals 112 calories, 0 fat (0 saturated fat), 0 cholesterol, 12 mg sodium, 28 g carbohydrate, 0 fiber, 0 protein.

GOLDEN BAKED ONIONS

1 serving equals 642 calories, 47 g fat (29 g saturated fat), 144 mg cholesterol, 750 mg sodium, 16 g carbohydrate, 1 g fiber, 39 g protein.

GOLDEN CRESCENT ROLLS

1 roll equals 131 calories, 4 g fat (2 g saturated fat), 25 mg cholesterol, 132 mg sodium, 19 g carbohydrate, 1 g fiber, 3 g protein. **Diabetic Exchange:** 1 starch.

GREEN BEAN CHICKEN SALAD

1-1/4 cups equals 225 calories, 7 g fat (1 g saturated fat), 11 mg cholesterol, 152 mg sodium, 11 g carbohydrate, 5 g fiber, 28 g protein. **Diabetic Exchanges:** 3 very lean meat, 2 vegetable, 1 fat.

GREEN BEAN POTATO BAKE

1/2 cup equals 346 calories, 20 g fat (10 g saturated fat), 53 mg cholesterol, 841 mg sodium, 26 g carbohydrate, 3 g fiber, 15 g protein.

GREEN BEAN SALAD

1 cup equals 120 calories, 7 g fat (1 g saturated fat), 0 cholesterol, 81 mg sodium, 14 g carbohydrate, 3 g fiber, 3 g protein. **Diabetic Exchanges:** 1 vegetable, 1 fat, 1/2 starch.

GREEN CHILI

1 cup equals 230 calories, 8 g fat (4 g saturated fat), 44 mg cholesterol, 538 mg sodium, 21 g carbohydrate, 2 g fiber, 18 g protein.

GREENS 'N' FRUIT SALAD

1 serving equals 361 calories, 19 g fat (3 g saturated fat), 10 mg cholesterol, 185 mg sodium, 48 g carbohydrate, 4 g fiber, 4 g protein.

HAM AND BEAN SOUP

1 cup equals 168 calories, 7 g fat (3 g saturated fat), 30 mg cholesterol, 1,242 mg sodium, 14 g carbohydrate, 4 g fiber, 12 g protein.

HAM AND SWISS BRAID

1 slice equals 395 calories, 10 g fat (5 g saturated fat), 72 mg cholesterol, 1,054 mg sodium, 54 g carbohydrate, 2 g fiber, 22 g protein.

HAWAIIAN PIZZA

1 piece (prepared with low-fat cheese and ham and unsweetened pineapple) 241 calories, 6 gm fat, 21 mg cholesterol, 675 mg sodium, 31 g carbohydrate, 14 g protein. **Diabetic Exchange:** 2 starch, 1 meat.

HEARTY BAKED BEANS

3/4 cup equals 228 calories, 6 g fat (2 g saturated fat), 18 mg cholesterol, 770 mg sodium, 32 g carbohydrate, 4 g fiber, 11 g protein.

HEARTY CHILI MAC

1 cup equals 217 calories, 7 g fat (3 g saturated fat), 37 mg cholesterol, 809 mg sodium, 21 g carbohydrate, 4 g fiber, 18 g protein.

HEARTY PASTA SALAD

1 serving equals 535 calories, 36 g fat (6 g saturated fat), 50 mg cholesterol, 483 mg sodium, 34 g carbohydrate, 2 g fiber, 18 g protein.

HOT PIZZA DIP

2 tablespoons equals 62 calories, 5 g fat (3 g saturated fat), 16 mg cholesterol, 131 mg sodium, 1 g carbohydrate, trace fiber, 3 g protein.

HUNGARIAN SALAD

1 cup salad prepared with 1/4 cup olives equals 94 calories, 8 g fat (1 g saturated fat), 0 cholesterol, 350 mg sodium, 6 g carbohydrate, 2 g fiber, 2 g protein. **Diabetic Exchanges:** 1-1/2 fat, 1 vegetable.

ICE CREAM PRETZEL CAKE

1 piece equals 320 calories, 16 g fat (9 g saturated fat), 42 mg cholesterol, 277 mg sodium, 42 g carbohydrate, 1 g fiber, 4 g protein.

IRISH PIE

1 serving equals 556 calories, 35 g fat (18 g saturated fat), 208 mg cholesterol, 977 mg sodium, 22 g carbohydrate, 1 g fiber, 38 g protein.

ITALIAN BEEF SANDWICHES

1 sandwich equals 357 calories, 8 g fat (4 g saturated fat), 31 mg cholesterol, 1,674 mg sodium, 42 g carbohydrate, 2 g fiber, 29 g protein.

ITALIAN SWISS STEAK

1 serving equals 254 calories, 12 g fat (6 g saturated fat), 87 mg cholesterol, 664 mg sodium, 7 g carbohydrate, 1 g fiber, 30 g protein.

ITALIAN TURKEY BURGERS

1 burger (prepared with lean ground turkey) equals 306 calories, 12 g fat (3 g saturated fat), 92 mg cholesterol, 680 mg sodium, 24 g carbohydrate, 2 g fiber, 25 g protein. **Diabetic Exchanges:** 3 lean meat, 1-1/2 starch, 1 fat.

LIME COOLER BARS

1 bar equals 123 calories, 4 g fat (3 g saturated fat), 34 mg cholesterol, 51 mg sodium, 20 g carbohydrate, trace fiber, 2 g protein.

MAMIE EISENHOWER'S FUDGE

1 piece equals 107 calories, 5 g fat (2 g saturated fat), 4 mg cholesterol, 17 mg sodium, 16 g carbohydrate, 1 g fiber, 1 g protein.

MARK'S MARINATED MUSHROOMS

1/4 cup equals 69 calories, 6 g fat (1 g saturated fat), 0 cholesterol, 198 mg sodium, 3 g carbohydrate, 1 g fiber, 1 g protein.

MEATBALL PARTY SUB

1 serving equals 453 calories, 17 g fat (7 g saturated fat), 121 mg cholesterol, 1,358 mg sodium, 42 g carbohydrate, 2 g fiber, 33 g protein.

MEATBALL VEGETABLE SOUP

1 cup equals 128 calories, 2 g fat (trace saturated fat), 3 mg cholesterol, 918 mg sodium, 22 g carbohydrate, 4 g fiber, 6 g protein.

MEXICAN BEAN SOUP

1 cup equals 219 calories, 6 g fat (3 g saturated fat), 32 mg cholesterol, 1,251 mg sodium, 26 g carbohydrate, 5 g fiber, 16 g protein.

MINI ITALIAN MEAT LOAVES

1 meat loaf equals 254 calories, 12 g fat (5 g saturated fat), 110 mg cholesterol, 776 mg sodium, 11 g carbohydrate, 1 g fiber, 26 g protein.

MIXED BEAN SOUP

1 cup equals 162 calories, 2 g fat (1 g saturated fat), 11 mg cholesterol, 790 mg sodium, 24 g carbohydrate, 6 g fiber, 12 g protein.

MUSHROOM BEEF TENDERLOIN

1 serving equals 271 calories, 26 g fat (16 g saturated fat), 92 mg cholesterol, 516 mg sodium, 4 g carbohydrate, 1 g fiber, 7 g protein.

MUSHROOM PUFFS

1 piece (prepared with reduced-fat cream cheese) equals 54 calories, 3 g fat (1 g saturated fat), 2 mg cholesterol, 132 mg sodium, 5 g carbohydrate, trace fiber, 2 g protein. **Diabetic Exchanges:** 1 vegetable, 1/2 fat.

NECTARINE PLUM COBBLER

1 slice equals 333 calories, 9 g fat (5 g saturated fat), 22 mg cholesterol, 361 mg sodium, 61 g carbohydrate, 3 g fiber, 5 g protein.

O'BRIEN SAUSAGE SKILLET

1 cup equals 339 calories, 21 g fat (9 g saturated fat), 53 mg cholesterol, 728 mg sodium, 25 g carbohydrate, 3 g fiber, 13 g protein.

OLIVE CORN SALAD

3/4 cup equals 254 calories, 19 g fat (3 g saturated fat), 113 mg cholesterol, 344 mg sodium, 17 g carbohydrate, 2 g fiber, 6 g protein.

OLIVE-RICE CHEESE SPREAD

2 tablespoons equals 85 calories, 7 g fat (4 g saturated fat), 17 mg cholesterol, 113 mg sodium, 3 g carbohydrate, trace fiber, 2 g protein.

ONE-FOR-ALL MARINATED BEEF

3 ounces cooked beef equals 206 calories, 10 g fat (4 g saturated fat), 56 mg cholesterol, 305 mg sodium, 4 g carbohydrate, 1 g fiber, 23 g protein. **Diabetic Exchanges:** 3 lean meat, 1 fat.

ONION BEEF AU JUS

1 serving equals 422 calories, 19 g fat (8 g saturated fat), 114 mg cholesterol, 1,179 mg sodium, 24 g carbohydrate, 2 g fiber, 38 g protein.

ORANGE BREAKFAST RING

1 slice equals 216 calories, 12 g fat (5 g saturated fat), 16 mg cholesterol, 265 mg sodium, 22 g carbohydrate, trace fiber, 4 g protein.

ORANGE COCONUT CRESCENTS

1 roll equals 255 calories, 14 g fat (7 g saturated fat), 20 mg cholesterol, 295 mg sodium, 28 g carbohydrate, trace fiber, 2 g protein.

ORANGE MERINGUE PIE

1 slice equals 306 calories, 10 g fat (4 g saturated fat), 89 mg cholesterol, 138 mg sodium, 50 g carbohydrate, trace fiber, 4 g protein.

PARKER HOUSE DINNER ROLLS

1 roll equals 134 calories, 5 g fat (2 g saturated fat), 21 mg cholesterol, 150 mg sodium, 20 g carbohydrate, 1 g fiber, 3 g protein. **Diabetic Exchanges:** 1 starch, 1 fat.

PARMESAN HERB LOAVES

1 slice equals 92 calories, 2 g fat (1 g saturated fat), 3 mg cholesterol, 222 mg sodium, 14 g carbohydrate, 1 g fiber, 3 g protein. **Diabetic Exchange:** 1 starch.

PASTA PIZZA

1 piece equals 311 calories, 9 g fat (2 g saturated fat), 7 mg cholesterol, 376 mg sodium, 46 g carbohydrate, 4 g fiber, 14 g protein. **Diabetic Exchanges:** 3 starch, 1 fat, 1/2 lean meat.

PASTA VEGETABLE SALAD

3/4 cup equals 208 calories, 9 g fat (1 g saturated fat), 3 mg cholesterol, 146 mg sodium, 28 g carbohydrate, 2 g fiber, 5 g protein.

PEACH BLUEBERRY COBBLER

1 piece equals 238 calories, 11 g fat (7 g saturated fat), 36 mg cholesterol, 176 mg sodium, 33 g carbohydrate, 2 g fiber, 2 g protein.

PEACH STREUSEL PIE

1 slice equals 360 calories, 14 g fat (7 g saturated fat), 20 mg cholesterol, 168 mg sodium, 59 g carbohydrate, 4 g fiber, 3 g protein.

PEANUT BUTTER LAYER CAKE

1 slice equals 467 calories, 19 g fat (11 g saturated fat), 70 mg cholesterol, 350 mg sodium, 67 g carbohydrate, 2 g fiber, 8 g protein.

PEANUT BUTTER MUFFINS

1 muffin equals 221 calories, 10 g fat (4 g saturated fat), 46 mg cholesterol, 298 mg sodium, 27 g carbohydrate, 1 g fiber, 7 g protein.

PEARL ONION BROCCOLI BAKE

3/4 cup equals 213 calories, 13 g fat (9 g saturated fat), 40 mg cholesterol, 318 mg sodium, 17 g carbohydrate, 2 g fiber, 6 g protein.

PENNSYLVANIA-STYLE PORK ROAST

3 ounces equals 191 calories, 9 g fat (3 g saturated fat), 66 mg cholesterol, 353 mg sodium, 2 g carbohydrate, 1 g fiber, 24 g protein.

PEPPER STEAK SANDWICHES

1 sandwich equals 721 calories, 49 g fat (18 g saturated fat), 100 mg cholesterol, 1,433 mg sodium, 39 g carbohydrate, 3 g fiber, 30 g protein.

PEPPERONI MACARONI

1 cup equals 334 calories, 19 g fat (7 g saturated fat), 45 mg cholesterol, 1,041 mg sodium, 26 g carbohydrate, 3 g fiber, 16 g protein.

PINEAPPLE CHEESE BALL

2 tablespoons equals 87 calories, 8 g fat (2 g saturated fat), 10 mg cholesterol, 155 mg sodium, 3 g carbohydrate, 1 g fiber, 3 g protein.

POM-POM POTATO SALAD

1 cup equals 160 calories, 8 g fat (3 g saturated fat), 58 mg cholesterol, 299 mg sodium, 18 g carbohydrate, 1 g fiber, 3 g protein.

POTATO BACON CHOWDER

1 cup equals 389 calories, 29 g fat (13 g saturated fat), 59 mg cholesterol, 869 mg sodium, 21 g carbohydrate, 2 g fiber, 9 g protein.

RAISIN SNACK CAKE

1 piece equals 106 calories, 5 g fat (3 g saturated fat), 38 mg cholesterol, 105 mg sodium, 15 g carbohydrate, trace fiber, 1 g protein. **Diabetic Exchanges:** 1 starch, 1 fat.

RED CREAM SODA PUNCH

1 cup equals 93 calories, trace fat (trace saturated fat), 0 cholesterol, 10 mg sodium, 24 g carbohydrate, trace fiber, trace protein.

REUBEN SLAW SANDWICHES

2 sandwich halves equals 783 calories, 34 g fat (17 g saturated fat), 106 mg cholesterol, 2,002 mg sodium, 77 g carbohydrate, 5 g fiber, 38 g protein.

RHUBARB OAT DESSERT

1 serving equals 440 calories, 19 g fat (10 g saturated fat), 41 mg cholesterol, 239 mg sodium, 65 g carbohydrate, 2 g fiber, 5 g protein.

RICOTTA PUFFS

1 piece equals 150 calories, 8 g fat (2 g saturated fat), 4 mg cholesterol, 140 mg sodium, 16 g carbohydrate, 2 g fiber, 3 g protein.

SAUSAGE PIZZA

1 slice (prepared with turkey sausage and reduced-fat cheese) equals 311 calories, 11 g fat (4 g saturated fat), 39 mg cholesterol, 754 mg sodium, 33 g carbohydrate, 2 g fiber, 20 g protein. **Diabetic Exchanges:** 2 starch, 1-1/2 lean meat, 1-1/2 fat.

SAVORY GREEN BEANS

3/4 cup equals 164 calories, 12 g fat (5 g saturated fat), 21 mg cholesterol, 758 mg sodium, 11 g carbohydrate, 4 g fiber, 5 g protein.

SEASONED PARMESAN ROLLS

1 roll (prepared with fat-free milk) equals 105 calories, 2 g fat (1 g saturated fat), 4 mg cholesterol, 33 mg sodium, 18 g carbohydrate, 1 g fiber, 4 g protein. **Diabetic Exchanges:** 1 starch, 1/2 fat.

SHOEPEG CORN CASSEROLE

1 cup equals 327 calories, 21 g fat (12 g saturated fat), 59 mg cholesterol, 794 mg sodium, 26 g carbohydrate, 2 g fiber, 9 g protein.

SHRIMP 'N' VEGGIE ALFREDO

1 cup equals 562 calories, 17 g fat (7 g saturated fat), 169 mg cholesterol, 527 mg sodium, 68 g carbohydrate, 7 g fiber, 35 g protein.

SHRIMP JALAPENO BOATS

1 jalapeno half equals 59 calories, 5 g fat (3 g saturated fat), 23 mg cholesterol, 74 mg sodium, 1 g carbohydrate, trace fiber, 2 g protein. **Diabetic Exchange:** 1 fat.

SMOKED SAUSAGE POTATO BAKE

1 cup equals 662 calories, 49 g fat (26 g saturated fat), 140 mg cholesterol, 1,382 mg sodium, 31 g carbohydrate, 1 g fiber, 23 g protein.

SMOTHERED CHICKEN

1 serving equals 230 calories, 16 g fat (8 g saturated fat), 51 mg cholesterol, 799 mg sodium, 4 g carbohydrate, 1 g fiber, 18 g protein.

SOUTH CAROLINA-STYLE RIBS

1 serving equals 504 calories, 36 g fat (12 g saturated fat), 125 mg cholesterol, 610 mg sodium, 20 g carbohydrate, 1 g fiber, 26 g protein.

SOUTHWESTERN DEEP-DISH PIZZA

1 piece equals 225 calories, 10 g fat (5 g saturated fat), 29 mg cholesterol, 484 mg sodium, 21 g carbohydrate, 3 g fiber, 12 g protein.

SPEEDY SOUTHWEST SALAD

1 serving equals 306 calories, 16 g fat (4 g saturated fat), 13 mg cholesterol, 709 mg sodium, 29 g carbohydrate, 6 g fiber, 8 g protein.

SPICED RAISIN BREAD

1 slice equals 80 calories, 1 g fat (1 g saturated fat), 3 mg cholesterol, 110 mg sodium, 16 g carbohydrate, 1 g fiber, 2 g protein. **Diabetic Exchange:** 1 starch.

SPICY CREAMED CORN

1 cup equals 162 calories, 8 g fat (5 g saturated fat), 23 mg cholesterol, 471 mg sodium, 15 g carbohydrate, 3 g fiber, 4 g protein.

SPINACH SPIRALS

2 slices (prepared with reduced-fat Monterey Jack cheese, egg substitute and reduced-fat butter) equals 224 calories, 7 g fat (3 g saturated fat), 15 mg cholesterol, 594 mg sodium, 30 g carbohydrate, 2 g fiber, 12 g protein.

SPINACH-FILLED TURKEY ROLL

1 slice equals 297 calories, 15 g fat (5 g saturated fat), 150 mg cholesterol, 470 mg sodium, 16 g carbohydrate, 4 g fiber, 26 g protein. **Diabetic Exchanges:** 3 lean meat, 1 starch, 1 fat.

SPLIT PEA SOUP WITH MEATBALLS

1 cup equals 284 calories, 10 g fat (2 g saturated fat), 37 mg cholesterol, 661 mg sodium, 34 g carbohydrate, 10 g fiber, 16 g protein.

STATE FAIR SUBS

1 slice equals 622 calories, 36 g fat (15 g saturated fat), 159 mg cholesterol, 1,280 mg sodium, 45 g carbohydrate, 3 g fiber, 28 g protein.

STRAWBERRY HAZELNUT TORTE

1 piece equals 247 calories, 14 g fat (8 g saturated fat), 41 mg cholesterol, 42 mg sodium, 29 g carbohydrate, 1 g fiber, 3 g protein.

STRAWBERRY STREUSEL MUFFINS

1 muffin equals 249 calories, 11 g fat (4 g saturated fat), 49 mg cholesterol, 192 mg sodium, 32 g carbohydrate, 1 g fiber, 5 g protein.

STUFFED BREAD BOAT

1 serving equals 258 calories, 7 g fat (3 g saturated fat), 28 mg cholesterol, 374 mg sodium, 32 g carbohydrate, 2 g fiber, 16 g protein.

SUNDAY DINNER MASHED POTATOES

3/4 cup equals 300 calories, 13 g fat (9 g saturated fat), 43 mg cholesterol, 617 mg sodium, 40 g carbohydrate, 3 g fiber, 5 g protein.

SUPER BOWL STROMBOLI

1 piece equals 296 calories, 13 g fat (6 g saturated fat), 50 mg cholesterol, 1,076 mg sodium, 27 g carbohydrate, 1 g fiber, 18 g protein.

SUPREME SPAGHETTI SALAD

1/2 cup equals 298 calories, 16 g fat (2 g saturated fat), 1 mg cholesterol, 695 mg sodium, 33 g carbohydrate, 2 g fiber, 6 g protein.

SWEET CHERRY CHEESE DESSERT

1 piece equals 408 calories, 20 g fat (12 g saturated fat), 35 mg cholesterol, 149 mg sodium, 52 g carbohydrate, 1 g fiber, 2 g protein.

SWEET SAUSAGE ROLLS

2 rolls equals 256 calories, 19 g fat (8 g saturated fat), 32 mg cholesterol, 411 mg sodium, 16 g carbohydrate, trace fiber, 5 g protein.

SWEET TROPICAL LOAVES

1 slice equals 118 calories, 3 g fat (2 g saturated fat), 16 mg cholesterol, 118 mg sodium, 21 g carbohydrate, 1 g fiber, 2 g protein.

SWIRLED SPICE LOAVES

2 slices equals 139 calories, 5 g fat (3 g saturated fat), 44 mg cholesterol, 121 mg sodium, 21 g carbohydrate, trace fiber, 2 g protein.

SWISS STEAK

1 serving equals 253 calories, 8 g fat (2 g saturated fat), 64 mg cholesterol, 552 mg sodium, 16 g carbohydrate, 6 g fiber, 28 g protein.

TACO BEAN SOUP

1 cup equals 236 calories, 10 g fat (3 g saturated fat), 28 mg cholesterol, 838 mg sodium, 23 g carbohydrate, 6 g fiber, 13 g protein.

TACO DIP

1 serving equals 226 calories, 18 g fat (12 g saturated fat), 54 mg cholesterol, 578 mg sodium, 7 g carbohydrate, 1 g fiber, 7 g protein.

TACO POTATO PIE

1 slice equals 407 calories, 19 g fat (10 g saturated fat), 85 mg cholesterol, 1,290 mg sodium, 34 g carbohydrate, 6 g fiber, 25 g protein.

TACO TWISTS

1 twist equals 214 calories, 13 g fat (7 g saturated fat), 39 mg cholesterol, 463 mg sodium, 10 g carbohydrate, 1 g fiber, 12 g protein.

TANGY ROUND STEAK STRIPS

1 serving equals 245 calories, 11 g fat (2 g saturated fat), 65 mg cholesterol, 474 mg sodium, 9 g carbohydrate, 1 g fiber, 27 g protein. **Diabetic Exchanges:** 3 lean meat, 1-1/2 fat, 1/2 starch.

TART LEMON RING MOLD

1 serving equals 193 calories, 13 g fat (8 g saturated fat), 47 mg cholesterol, 28 mg sodium, 20 g carbohydrate, trace fiber, 2 g protein.

TASTY TURKEY SKILLET

1 cup equals 238 calories, 4 g fat (2 g saturated fat), 42 mg cholesterol, 650 mg sodium, 31 g carbohydrate, 3 g fiber, 22 g protein. **Diabetic Exchanges:** 2 starch, 2 very lean meat.

TATER TACO CASSEROLE

1 serving equals 461 calories, 24 g fat (8 g saturated fat), 60 mg cholesterol, 1,307 mg sodium, 40 g carbohydrate, 4 g fiber, 25 g protein.

TOFFEE-PECAN NUTMEG CAKES

1 slice equals 260 calories, 13 g fat (6 g saturated fat), 34 mg cholesterol, 204 mg sodium, 33 g carbohydrate, 1 g fiber, 3 g protein.

TOMATO-ASPARAGUS SOUFFLE

3/4 cup equals 215 calories, 13 g fat (7 g saturated fat), 172 mg cholesterol, 553 mg sodium, 13 g carbohydrate, 1 g fiber, 11 g protein.

TOMATO BASIL BREAD

1 slice equals 121 calories, 2 g fat (1 g saturated fat), 2 mg cholesterol, 40 mg sodium, 22 g carbohydrate, 1 g fiber, 5 g protein.

TOMATO CORN CHOWDER

1 cup equals 181 calories, 6 g fat (2 g saturated fat), 7 mg cholesterol, 268 mg sodium, 26 g carbohydrate, 3 g fiber, 4 g protein.

TOMATO NACHO DIP

2 tablespoons equals 77 calories, 6 g fat (4 g saturated fat), 16 mg cholesterol, 187 mg sodium, 3 g carbohydrate, trace fiber, 4 g protein.

TRIPLE-ONION BAKED POTATOES

1 serving equals 374 calories, 18 g fat (9 g saturated fat), 47 mg cholesterol, 565 mg sodium, 37 g carbohydrate, 4 g fiber, 15 g protein.

TURKEY MEATBALL SOUP

1 cup equals 193 calories, 8 g fat (3 g saturated fat), 92 mg cholesterol, 545 mg sodium, 17 g carbohydrate, 1 g fiber, 13 g protein.

TURKEY POTATO TETRAZZINI

1-1/2 cups equals 221 calories, 9 g fat (6 g saturated fat), 36 mg cholesterol, 211 mg sodium, 22 g carbohydrate, 2 g fiber, 13 g protein.

TURNIP CASSEROLE

3/4 cup equals 192 calories, 10 g fat (6 g saturated fat), 76 mg cholesterol, 479 mg sodium, 25 g carbohydrate, 2 g fiber, 3 g protein.

TUSCAN CHICKEN SOUP

1 cup equals 329 calories, 10 g fat (2 g saturated fat), 67 mg cholesterol, 1,542 mg sodium, 30 g carbohydrate, 6 g fiber, 28 g protein.

TWO-BREAD DRESSING

3/4 cup equals 230 calories, 10 g fat (4 g saturated fat), 134 mg cholesterol, 424 mg sodium, 23 g carbohydrate, 1 g fiber, 12 g protein.

VEGETABLE BEEF RAGOUT

1 cup beef mixture (calculated without noodles) equals 246 calories, 10 g fat (3 g saturated fat), 47 mg cholesterol, 670 mg sodium, 15 g carbohydrate, 4 g fiber, 21 g protein.

VEGETABLE PANCAKES

3 pancakes equals 180 calories, 2 g fat (1 g saturated fat), 71 mg cholesterol, 507 mg sodium, 34 g carbohydrate, 3 g fiber, 7 g protein.

VEGETARIAN CHILI

1 cup equals 191 calories, 616 mg sodium, 0 cholesterol, 38 gm carbohydrate, 7 gm protein, 2 gm fat. **Diabetic Exchanges:** 2 starch, 2 vegetable.

WALDORF CHICKEN SALAD SANDWICHES

1 sandwich equals 731 calories, 48 g fat (7 g saturated fat), 108 mg cholesterol, 960 mg sodium, 39 g carbohydrate, 5 g fiber, 36 g protein.

WARM ASPARAGUS SPINACH SALAD

1 cup equals 299 calories, 14 g fat (3 g saturated fat), 2 mg cholesterol, 263 mg sodium, 36 g carbohydrate, 2 g fiber, 9 g protein.

WATER CHESTNUT PEA SALAD

1 cup equals 240 calories, 15 g fat (3 g saturated fat), 15 mg cholesterol, 428 mg sodium, 19 g carbohydrate, 5 g fiber, 9 g protein.

WESTERN RANGE SANDWICHES

1 serving equals 250 calories, 10 g fat (6 g saturated fat), 40 mg cholesterol, 562 mg sodium, 23 g carbohydrate, 4 g fiber, 17 g protein.

WHITE CHILI

1 cup equals 331 calories, 10 g fat (4 g saturated fat), 22 mg cholesterol, 779 mg sodium, 46 g carbohydrate, 14 g fiber, 15 g protein.

WILTED GREEN SALAD

2 cups equals 71 calories, 5 g fat (1 g saturated fat), 6 mg cholesterol, 132 mg sodium, 5 g carbohydrate, 1 g fiber, 3 g protein. **Diabetic Exchanges:** 1 vegetable, 1 fat.

ZESTY SNACK MIX

3/4 cup equals 250 calories, 17 g fat (7 g saturated fat), 24 mg cholesterol, 620 mg sodium, 22 g carbohydrate, 1 g fiber, 3 g protein.

ZIPPY CURRY DIP

2 tablespoons equals 137 calories, 14 g fat (3 g saturated fat), 15 mg cholesterol, 198 mg sodium, 2 g carbohydrate, trace fiber, 1 g protein.

ZIPPY PORK CHILI