

# Free Foods

Free foods are foods that have less than 20 calories per serving OR less than 5 grams of carbohydrate per serving.

- ✓ 1 tablespoon fat-free cream cheese



- ✓ 1 tablespoon fat-free mayonnaise



- ✓ 4 tablespoons fat-free margarine spread

- ✓ 1 tablespoon fat-free salad dressing



- ✓ Sugar-free gelatin

- ✓ 1 tablespoon fat-free sour cream

- ✓ ¼ cup salsa

- ✓ 1 tablespoon whipped topping or Cool Whip®



- ✓ Mustard

- ✓ 1 tablespoon ketchup

- ✓ Fresh or dried herbs

- ✓ 1 tablespoon relish

- ✓ Black coffee

- ✓ Unsweetened tea

- ✓ 1 tablespoon soy sauce



- ✓ Diet soft drinks

- ✓ Club soda

- ✓ Carbonated water



- ✓ Sugar substitutes

Even though these may be called *free foods*, **do not eat too much of them. Those calories and grams of carbohydrates can add up!**

Adapted from the "Exchange List for Meal Planning" Booklet  
1995 American Diabetes Association Inc. and the American Dietetic Association  
Developed by MUSC Dietetic Internship Class of 2003-2004  
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