



Dairy and Exchanges

Dairy is not included in the diet plan but can be incorporated. This following chart will compare 1% milk and Fat Free milk.

| | 1% Milk* | Fat Free Milk* |
|---------------|----------|----------------|
| Serving Size | 1 cup | 1 cup |
| Calories | 110 | 80 |
| Fat | 2.5 g | 0 g |
| Carbohydrates | 13 g | 13 g |
| Sugars | 12 g | 12 g |
| Protein | 8 g | 8 g |

* Facts taken from Hood Milk

If you choose to have ½ cup of cereal for breakfast and have ½ cup of milk, you will add 51 calories using 1% milk and 45 calories using Fat Free milk to your overall calorie intake for that day. This addition to your total calories will not affect your overall results as long as it is within moderation.

Yogurt can also be used with the Balanced Protein Diet. Follow the same formula adding the calories to your daily total. Dairy is something that you don't want to add every day to your plan. Again, moderation is the key.

Exchanges

There are times when you may want to exchange the drinks, shakes, bars, snack and entrees. This is a simple example and formula to make these exchanges work within the diet plan.

Let's use breakfast as our example: The plan calls for 1 supplement, 1 starch, 1 fruit and 1 optional. You may want to exchange an omelet, pancakes or cereal in place of your supplement. Look at the Nutrition Facts on the back of the product box to determine the breakdown. The important things to look at are the grams of protein and carbohydrates. The omelet has 12 grams of protein and 6 grams of carbs so it would be considered a supplement.

Pancakes have 12 grams of protein and 19 grams of carbs. Because of the higher carbohydrates, this would be considered a starch and it would also take the place of your starch. You would still have your 1 fruit and 1 other to complete your meal.

Any exchange with over 15 grams of carbohydrates will count as a starch. Follow this example when exchanging Entrees as well.

If you still have any question about exchanges you can email customerservice@balancedproteindiet.com or call (800) 854-3891.