Diabetic Exchanges

PFI Item No.	UPC #	Description	Case Pack	Serving Size	Calories (kcal.)	Fruit Exchange	Starch Exchange	Vegetable Exchange	Meat (Very Lean) Exchange	Meat (Lean) Exchange	Meat (Medium Fat) Exchange	Meat (High Fat) Exchange	Vegetable Exchange	Fruit Exchange	Milk Exchange	Fat Exchange	
Thick-It Instant Food and Beverage Thickeners																	
J584-H5800	0 72058 61078 4	Thick-It® Original Formula	12/ 10 oz.	1 Tbsp/4.5g	15	0.33											
J585-C6800	0 72058 61079 1	Thick-It® Original Formula	6/ 36 oz.	1 Tbsp/4.5g	15	0.33											
J589-LE800	0 72058 61115 6	Thick-It® Original Formula	200/ 6 gm. PC	1 packet/6g	20	0.5											
J586-H5800	0 72058 61080 7	Thick-It® 2 Concentrated Formula	12/ 10 oz.	1 Tbsp/4.5g	15	0.33											
J587-C6800	0 72058 61081 4	Thick-It® 2 Concentrated Formula	6/ 36 oz.	1 Tbsp/4.5g	15	0.33											
J590-LE800	0 72058 61116 3	Thick-It® 2 Concentrated Formula	200/4.5 g PC	1 packet/4.5g	15	0.33											
Thick-It Purees																	
H301-F8800	72058-60133	Chicken a la King Puree	12/15 oz.	3 oz.	90			1			1						
H302-F8800	72058-60134	Beef Lasagna Puree	12/15 oz.	3 oz.	100			1			1						
H303-F8800	72058-60135	Carrot and Pea Puree	12/15 oz.	2 oz.	30		0.5										
H304-F8800	72058-60136	Sweet Corn Puree	12/15 oz.	2 oz.	45		0.5										
H305-F8800	72058-60137	Seasoned Green Bean Puree	12/15 oz.	2 oz.	20			1									
H307-F8800	72058-60139	Maple Cinnamon French Toast Puree	12/15 oz.	3 oz.	100		1									1	
H308-F8800	72058-60140	Beef Stew Puree	12/15 oz.	3 oz.	80			1		1							
H309-F8800	72058-60141	Beef in Barbecue Sauce Puree	12/15 oz.	3 oz.	140					2							
H314-F8800	72058-60188	Salisbury Steak Puree	12/15 oz.	3 oz.	140						2						
H315-F8800	72058-60189	Omelet with Sausage and Cheddar Cheese Puree	12/15 oz.	3 oz.	130			1								1	
H316-F8800	72058-60190	Mixed Fruit and Berry Puree	12/15 oz.	3 oz.	50	1											
H317-F8800	72058-60191	Caramel Flavored Apple Pie Puree	12/15 oz.	3 oz.	110		1.5										
H318-F8800	72058-60132	Seasoned Chicken Patty Puree	12/14 oz.	3 oz.	110					2							
H319-F8800	72058-60960	Seasoned Broccoli	12/15 oz.	2 oz.	20			1									
H320-F8800	72058-60961	Seasoned Spinach	12/15 oz.	2 oz.	20			1									
Thick-It AquaCareH2O Beverages																	
B451-L9044	00892125002508	Water, Nectar	24/8 oz.	8 oz.	0												
B453-L9044	00892125002515	Water, Honey	24/8 oz.	8 oz.	0												
B455-L9044	00892125002522	Apple Juice, Nectar	24/8 oz.	8 oz.	120	2											
B457-L9044	00892125002539	Apple Juice, Honey	24/8 oz.	8 oz.	120	2											
B459-L9044	00892125002560	Cranberry Juice, Nectar	24/8 oz.	8 oz.	150	2.5											
B461-L9044	00892125002577	Cranberry Juice, Honey	24/8 oz.	8 oz.	150	2.5											
B467-L9044	00892125002584	Coffee Regular, Nectar	24/8 oz.	8 oz.	0												
B469-L9044	00892125002591	Coffee Decaf, Nectar	24/8 oz.	8 oz.	0												
B471-L9044	00892125002607	Coffee Regular, Honey	24/8 oz.	8 oz.	0												
B473-L9044	00892125002614	Coffee Decaf, Honey	24/8 oz.	8 oz.	0												
B476-L9044	10072058610019	Orange Juice, Nectar	24/8 oz.	8 oz.	120	2											
B478-L9044	10072058610026	Orange Juice, Honey	24/8 oz.	8 oz.	120	2											
B480-A7044	0 72058 61057 9	Water, Nectar	4/46 oz.	8 oz.	0												
B481-A7044	0 72058 61058 6	Water, Honey	4/46 oz.	8 oz.	0												
B482-A7044	0 72058 61059 3	Apple Juice, Nectar	4/46 oz.	8 oz.	120	2											
B483-A7044	0 72058 61060 9	Apple Juice, Honey	4/46 oz.	8 oz.	120	2											
B484-A7044	0 72058 61061 6	Cranberry Juice, Nectar	4/46 oz.	8 oz.	150	2.5											
B485-A7044	0 72058 61062 3	Cranberry Juice, Honey	4/46 oz.	8 oz.	150	2.5											
B490-A7444	0 72058 61067 8	Coffee Regular, Nectar	4/46 oz.	8 oz.	0												
B488-A7044	0 72058 61065 4	Coffee Decaf, Nectar	4/46 oz.	8 oz.	0												
B491-A7044	0 72058 61068 5	Coffee Regular, Honey	4/46 oz.	8 oz.	0												
B489-A7044	0 72058 61066 1	Coffee Decaf, Honey	4/46 oz.	8 oz.	0												
B486-A7044	0 72058 61063 0	Orange Juice, Nectar	4/46 oz.	8 oz.	120	2											
B487-A7044	0 72058 61064 7	Orange Juice, Honey	4/46 oz.	8 oz.	120	2											