



DIABETIC EXCHANGE

BREAKFAST ITEMS

Hot Buttered Biscuit

2.5 carbohydrates, 1.5 fats

Chick-fil-A® Chicken Biscuit

3 carbohydrates, 2 lean meats, 1.5 fats

Bacon, Egg & Cheese Biscuit

2.5 carbohydrates, 2 high fat meats, 1.5 fats

Sausage Biscuit

2.5 carbohydrates, 2 high fat meats

Biscuit and Gravy

3 carbohydrates, 2 fats

Hash Browns

1.5 carbohydrates, 3 fats

Chick-fil-A Chick-n-Minis™ 3 count

2 carbohydrates, 1 lean meat, 1 fat

Chick-fil-A Chick-n-Minis™ 4 count

2 carbohydrates, 2 lean meats, 2 fats

Chicken Breakfast Burrito

2.5 carbohydrates, 2.5 medium fat meats, 1 fat

Sausage Breakfast Burrito

2.5 carbohydrates, 2.5 medium fat meats, 1 fat

Sunflower Multigrain Bagel

3 carbohydrates

Chicken, Egg, & Cheese on Sunflower Multigrain Bagel

3 carbohydrates, 3 medium fat meats

Chick-fil-A Chicken Platter

3 carbohydrates, 4 medium fat meats, 2 fats

Chick-fil-A Bacon Platter

3 carbohydrates, 3 medium fat meats, 2 fats

Chick-fil-A Sausage Platter

3 carbohydrates, 3 medium fat meats, 3 fats

Bacon (one slice)

.5 fats

Cheese (one slice)

1 fat

Egg (one folded)

1 medium fat meat

Sausage (one patty)

1 high fat meat, 1 fat

CLASSICS

Chick-fil-A® Chicken Sandwich

2.5 carbohydrates, 3 lean meats, 1 fat

Chick-fil-A Chicken Deluxe Sandwich

2.5 carbohydrates, 3 lean meats, 1 fat

Chicken (1 filet, no bun, no pickles)

.5 carbohydrates, 3 lean meats

Chick-fil-A® Chargrilled Chicken Sandwich

2 carbohydrates, 3 very lean meats

Chargrilled Chicken filet (1 filet, no bun, no pickles)

3 very lean meats

Chick-fil-A® Chargrilled Chicken Club Sandwich

2 carbohydrates, 4 lean meats

Chick-fil-A Chick-n-Strips® (4-count)

1 carbohydrate, 3 lean meats, 1 fat

Chick-fil-A® Nuggets (8-count)

1 carbohydrate, 3 lean meats

Chick-fil-A® Chicken Salad Sandwich

2 carbohydrates, 2 lean meats, 2 fats

COOL WRAP® ITEMS

Chargrilled Chicken Cool Wrap®

3 carbohydrates, 2 vegetables, 3 very lean meats

Chicken Caesar Cool Wrap®

3 carbohydrates, 2 vegetables, 3 lean meats

Spicy Chicken Cool Wrap®

3 carbohydrates, 1 vegetable, 3 very lean meats

SALADS

Chick-fil-A® Chargrilled Chicken Garden Salad

2 vegetables, 3 very lean meats, 1 fat

Chick-fil-A® Southwest Chargrilled Salad

4 vegetables, 3 very lean meats, 1 fat

Chick-fil-A Chick-n-Strips® Salad

1 carbohydrate, 2 vegetables, 4 lean meats, 1 fat

SIDE ITEMS

Hearty Breast of Chicken Soup (1 cup)

1 carbohydrate, 1 vegetable, 1 very lean meat

Chick-fil-A Waffle Potato Fries® (small)

2.5 carbohydrates, 2 fats

Side Salad

1 vegetable, .5 fats

Cole Slaw (small)

1 carbohydrate, 4 fats

Carrot & Raisin Salad (small)

1 carbohydrate, 2 vegetables, 1 fat

Chicken Salad Cup (small)

.5 carbohydrates, 2.5 lean meats, 2 fats

Fruit Cup (medium)

1 fruit

DESSERTS

Icedream® (small cup)

2.5 other carbohydrates, 1 fat

Icedream® Cone (small cone)

2 other carbohydrates, 1 fat

Chick-fil-A® Lemon Pie

3.5 other carbohydrates, 2 fats

Fudge Nut Brownie

3 other carbohydrates, 3 fats

Cheesecake

2 carbohydrates, 4 fats

Cheesecake with Strawberry and Blueberry

2.5 other carbohydrates, 4 fats

Chocolate Milkshake

7.5 carbohydrates, 5 fats

Vanilla Milkshake

6 carbohydrates, 5 fats

Strawberry Milkshake

7 carbohydrates, 5 fats

Cookies & Cream Milkshake

7 carbohydrates, 6 fats

CONDIMENTS

Ketchup (packet)

Free food

Mustard (packet)

Free Food

Mayonnaise (packet)

2 fats

Light Mayonnaise (packet)

1 fat

Apple Jelly (packet)

.5 other carbohydrates

Grape Jelly (packet)

.5 other carbohydrates

Mixed Fruit Jelly (packet)

.5 other carbohydrates