

**KFC EXCHANGE LIST****Salads & More**

Roasted Caesar w/o Dressing &amp; Croutons

**Suggested Exchanges**1 vegetable  
3 1/2 lean meats

Crispy Caesar w/o Dressing &amp; Croutons

1 vegetable  
3 1/2 lean meats  
1 starch  
1 1/2 fats

Caesar Side w/o Dressing &amp; Croutons

1 vegetable  
1/2 medium fat meats

Roasted BLT w/o Dressing

1 vegetable  
4 very lean meats  
1 fat

Crispy BLT w/o Dressing

1 vegetable  
3 very lean meats  
1 starch  
3 fats

House Side w/o Dressing

Free Food

Tender Roast® Filet Meal

1 vegetable  
3 very lean meats  
2 1/2 starches  
1 fat

Hidden Valley® The Original Ranch® Dressing(1)

4 fats

Hidden Valley® The Original Ranch® Fat Free Dressing (1)

1/2 starch

Hidden Valley® Golden Italian Light Dressing (1)

1/2 starch

KFC® Creamy Parmesan Caesar Dressing (1)

5 fats  
1/2 starch

KFC® Parmesan Garlic Croutons Pouch (1)

1/2 starch  
1/2 fat

KFC Famous Bowls™--Mashed Potato with Gravy

5 starches  
2 medium fat meats  
3 1/2 fats

KFC Famous Bowls™--Rice with Gravy

7 starches  
1 medium fat meat  
3 1/2 fats



## Sandwiches

KFC Snacker™	2 starches 1 1/2 lean meats 2 fats
KFC Snacker™, Buffalo	2 starches 1 lean meat 1 fat
KFC Snacker™, Fish	2 starches 1 lean meat 1 fat
KFC Snacker™, Honey BBQ	2 starches 1 1/2 lean meats
Honey BBQ Sandwich	3 starches 2 lean meats
Triple Crunch Sandwich	3 starches 4 lean meats 4 fats
Triple Crunch Sandwich w/o Sauce	3 starches 4 lean meats 1 1/2 fats
Double Crunch Sandwich	3 starches 2 1/2 lean meats 3 1/2 fats
Double Crunch Sandwich w/o Sauce	2 1/2 starches 2 1/2 lean meats 1 1/2 fats
Crispy Twister®	3 1/2 starches 2 1/2 lean meats 6 fats
Crispy Twister® w/o Sauce	3 1/2 starches 2 1/2 starches 2 1/2 fats
Oven Roasted Twister®	3 starches 3 lean meats 2 1/2 fats
Oven Roasted Twister® w/o Sauce	3 starches 3 lean meats



Tender Roast® Sandwich

1 1/2 starches  
4 lean meats  
1 1/2 fats

Tender Roast® Sandwich w/o Sauce

1 1/2 starches  
4 very lean meats  
1/2 fat

**Chicken**

OR Chicken-Whole Wing

1 1/2 medium fat meats  
1/2 starch

OR Chicken-Breast

5 lean meats  
1 starch  
1 fat

OR Chicken-Breast w/o Skin or Breeding

4 very lean meats

OR Chicken Drumstick

2 medium fat meats

OR Chicken Thigh

3 medium fat meats  
1 starch  
1 1/2 fats

EC Chicken-Whole Wing

1 medium fat meat  
1 starch  
1 fat

EC Chicken-Breast

4 1/2 lean meats  
1 starch  
3 fats

EC Chicken Drumstick

1 1/2 medium fat meats  
1/2 starch  
1/2 fat

EC Chicken Thigh

2 1/2 medium fat meats  
1 starch  
2 1/2 fats

**Strips, Popcorn Chicken,**

Crispy Strips (3)

4 lean meats  
1 starch  
2 1/2 fats

Crispy Strips (2)

2 1/2 lean meats  
1 starch  
1 fat



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Popcorn Chicken-Kids	2 lean meats 1 starch 1 1/2 fats
Popcorn Chicken-Individual	3 lean meats 1 1/2 starches 2 fats
Popcorn Chicken-Large	4 1/2 lean meats 2 starches 3 1/2 fats
Popcorn Chicken-Family	9 lean meats 4 1/2 starches 8 fats
<b>Pot pie</b> Chicken Pot Pie	3 lean meats 5 starches 6 fats
<b>Wings</b> HBBQ Wings (6)	3 lean meats 2 1/2 starches 4 1/2 fats
Boneless HBBQ Wings (6)	3 lean meats 2 1/2 starches 3 fats
Fiery Buffalo Wings (6)	3 lean meats 2 starches 3 fats
Boneless Fiery Buffalo (6)	3 lean meats 3 starches 3 fats
Sweet & Spicy Wings (6)	3 lean meats 2 starches 3 fats
Boneless Sweet & Spicy (6)	3 lean meats 3 starches 3 fats
Hot Wings™ (6)	3 lean meats 1 1/2 starches 4 fats

**Bread**

Biscuit 1 1/2 starches  
2 fats

**Sides**

Green Beans 1 1/2 vegetables

Season Rice 2 starches

Mashed Potatoes w/o Gravy 1 starch  
1/2 fat

Mashed Potatoes w/ Gravy 1 starch  
1 fat

Macaroni and Cheese 1 starch  
1 high fat meat

Potato Wedges 2 starches  
2 fats

Corn on the Cob 3" 1 starch

Corn on the Cob 5.5" 2 starches

Baked Beans 2 1/2 starches  
1/2 very lean meat

Potato Salad 1 1/2 starch  
1 1/2 fat

Cole Slaw 1 carbohydrate  
2 vegetables  
2 fat

Baked Cheetos® 1 starch  
1 fat

**Desserts**

Quaker Chewy® S'more Bar 1 1/2 carbohydrate

Apple Pie Mini's (3) 3 carbohydrates  
4 fat

Double Choc Chip Cake 2 carbohydrates  
5 1/2 fats

Lil' Bucket™ Fudge Brownie 3 carbohydrates  
2 fats



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Lil' Bucket™ Lemon Crème	4 carbohydrates 3 fats
Lil' Bucket™ Chocolate Cream	2 1/2 carbohydrates 2 1/2 fats
Lil' Bucket™ Strawberry Short Cake	2 1/2 carbohydrates 1 fat
Pecan Pie Slice	4 1/2 carbohydrates 4 fats
Apple Pie Slice	3 carbohydrates 2 fats
Lemon Meringue Pie Slice	3 1/2 carbohydrates 2 fats
Sweet Potato Pie Slice	3 carbohydrates 3 fats
<b>Beverages</b>	
Tropicana® Fruit Punch	2 carbohydrates
Pepsi® (small)	2 1/2 carbohydrates
Pepsi® (medium)	3 carbohydrates
Pepsi® (large)	5 carbohydrates
Diet Pepsi® (small)	Free Food
Diet Pepsi® (medium)	Free Food
Diet Pepsi® (large)	Free Food
Mt. Dew® (small)	3 carbohydrates
Mt. Dew® (medium)	3 1/2 carbohydrates
Mt. Dew® (large)	5 1/2 carbohydrates