

Diabetic Exchanges

The diabetic exchange list is a program developed by the American Diabetes Association. It is a tool used to teach people with diabetes smart meal planning to control their diabetes. Chick-fil-A used the guidelines set by the American Diabetes Association to translate the nutrition information of our menu items into exchanges for those who use the exchange list for meal planning. You can find more information about diabetes and the exchange lists by visiting the American Diabetes Association's Web site at www.diabetes.org or calling them at 1-800-232-3472. The diabetic exchanges for our products are listed below.

Breakfast

Hot Buttered Biscuit

2 ½ carbohydrate, 2 fat

Chick-fil-A® Chicken Biscuit

3 carbohydrate, 1 lean meat, 2 fat

Biscuit with Bacon and Egg and Cheese

2 ½ carbohydrate, 1 medium fat meat, 4 fat

Biscuit with Sausage

3 carbohydrate, 4 fat

Biscuit and Gravy

3 carbohydrate, 3 fat

Hash browns

1 carbohydrate, 2 fat

Chick-fil-A Chick-n-Minis 3 count

2 carbohydrate; 1 lean meat; 1 fat

Chick-fil-A Chick-n-Minis 4 count

2 carbohydrate; 2 lean meat; 2 fat

Chicken Breakfast Burrito

2.5 carbohydrate; 2.5 medium fat meat; 1 fat

Sausage Breakfast Burrito

2.5 carbohydrate; 2.5 medium fat meat; 1.5 fat

Plain Bagel

3 carbohydrate

Chicken, Egg & Cheese Bagel

3 carbohydrate; 3 medium fat meat;

Chick-fil-A Chicken Platter

3 carbohydrate; 4 medium fat meat; 2 fat

Chick-fil-A Bacon Platter

3 carbohydrate; 3 medium fat meat; 2 fat

Chick-fil-A Sausage Platter

3 carbohydrate; 3 medium fat meat; 3 fat

Bacon (one slice)

½ fat

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 ½ carbohydrate; 3 lean meat; 1 fat

Chick-fil-A® Chicken Deluxe Sandwich

2 ½ carbohydrate; 3 lean meat; 1 fat

Chicken (1 filet no bun, no pickles)

½ carbohydrate; 3 lean meat

Chick-fil-A® Chargrilled Chicken Sandwich

2 carbohydrate; 3 very lean meat

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

3 very lean meat

Chick-fil-A® Chargrilled Chicken Club Sandwich

2 carbohydrate; 4 lean meat

Chick-fil-A Chick-n-Strips®

1 carbohydrate; 3 lean meat; 1 fat

Chick-fil-A Nuggets®

1 carbohydrate; 3 lean meat;

Chick-fil-A® Chicken Salad Sandwich

2 carbohydrate; 2 lean meat; 2 fat

Wraps

Chargrilled Chicken Cool Wrap®

3 carbohydrate; 2 vegetable; 3 very lean meat

Chicken Caesar Cool Wrap®

3 carbohydrate; 2 vegetable; 3 lean meat

Spicy Chicken Cool Wrap®

3 carbohydrate; 1 vegetable; 3 very lean meat

Salads

Chick-fil-A® Chargrilled Chicken Garden Salad

2 vegetable; 3 very lean meat; 1 fat

Chick-fil-A Southwest Chargrilled Salad

4 vegetable; 3 very lean meat; 1 fat

Chick-fil-A Chick-n-Strips® Salad

1 carbohydrate; 2 vegetable, 4 lean meat; 1 fat

Side items

Chick-fil-A® Waffle Potato Fries™

2 ½ carbohydrate; 2 fat

Side Salad

1 vegetable; ½ fat

Coleslaw

1 carbohydrate; 4 fat

Carrot & Raisin Salad

1 carbohydrate; 2 vegetable; 1 fat

Fruit Cup

1 fruit

Hearty Breast of Chicken Soup

1 carbohydrate; 1 vegetable; 1 very lean meat

Desserts

Icedream®

2 ½ other carbohydrate; 1 fat

Icedream® Cone

2 other carbohydrate; 1 fat

Chick-fil-A® Lemon Pie

3 ½ other carbohydrate; 2 fat

Fudge Nut Brownie

3 other carbohydrate; 3 fat

Cheesecake

2 carbohydrate; 4 fat

Cheesecake with strawberry and blueberry

2 ½ other carbohydrate; 4 fat