



# FOOD SWAPS

Try these small swaps to cut back on your calories. Cutting back small amounts over the week can add up to big calorie savings.

<b>Breakfast</b>	
<b>Instead of:</b>	<b>Try this:</b>
Oatmeal toppings like granola or brown sugar	Chopped fruit with honey and cinnamon
Cinnamon roll	Cinnamon-raisin bread or English muffin
Egg sandwich with meat and cheese	Eggs scrambled with veggies and low-fat cheese
Bacon	Canadian bacon
Fruit-flavored yogurt	Light yogurt Plain yogurt with fresh fruit. Add cinnamon, or vanilla or almond extract for flavor.
Bagel or croissant	English muffin

<b>Lunch/Dinner</b>	
<b>Instead of:</b>	<b>Try this:</b>
Pasta	Spaghetti squash or spiralized zucchini
Alfredo or other white/cream sauces	Marinara or other red sauces
Pizza	Flatbread with mozzarella, diced tomato and basil
Fried chicken	Grilled chicken
Chicken with skin	Skinless chicken
Ground beef (85% or 70%)	Lean ground beef (97% or 95%) or Lean ground turkey (93% lean)
Hamburger	Black bean or veggie burger
Oil-packed tuna	Water-packed tuna
French Fries	Oven-roasted potatoes or baked potato
Mashed potatoes	Baked potato or Mashed cauliflower
Rice	Riced cauliflower or Finely chopped broccoli

<b>Snacks/Appetizers</b>	
<b>Instead of:</b>	<b>Try this:</b>
Cream soups	Broth soups
Crackers	Apples slices, red pepper slices or mini-carrots
Butter crackers	Wheat crackers
Potato chips	Kale chips or baked potato chips
Granola or snack bar	Handful of almonds
Mixed nuts	Pistachios with shells on
Fruit canned in syrup	Fruit canned in water or juice
Peanuts	Edamame
Chocolate chip cookie	Fig bar
Scoop of full-fat chocolate Ice cream	Ice cream sandwich Fudge pop or Frozen banana whipped with cocoa
Chocolate cake	Angel food cake topped with low-fat chocolate pudding
Buttered popcorn cooked in oil	Lite popcorn or Air-popped popcorn with your favorite seasonings
Ice Cream	Non-fat frozen yogurt
Lemon Pie	Lemon curd spread on graham cracker
Fudge sauce	Chocolate syrup
Candy bar	Chocolate-covered almonds
Boxed chocolate candy	Chocolate-dipped fruit
Apple pie	Baked apple

<b>Condiments/Ingredients:</b>	
<b>Instead of:</b>	<b>Try this:</b>
Flour tortilla	Corn tortilla
Cheddar cheese	Mozzarella cheese or low-fat cheddar
Ricotta cheese	Part-skim Ricotta or Low-fat cottage cheese
Full-fat salad dressing	Vinaigrette Low-fat or light salad dressing
Mayonnaise	Mustard or Light mayonnaise
Sour cream	Plain Greek yogurt or Fat-free sour cream

<b>Condiments/Ingredients (cont.)</b>	
<b>Instead of</b>	<b>Try this:</b>
Butter	Whipped butter
Cream cheese	Whipped cream cheese or Greek cream cheese
Oil or butter for sautéing	Cooking spray
Oil in baking	Applesauce, prune puree or mashed avocado

<b>Beverages:</b>	
<b>Instead of:</b>	<b>Try this:</b>
Fruit juice	Whole fruit or Iced green tea
Orange juice	Fresh orange
Whole or 2% reduced-fat milk	Fat-free or 1% low-fat milk
Soda	Unsweetened sparkling or flavored water
Mixed drinks with Syrups, sour mix, sugary fruit juices, and creamy additions	Mixed drinks with club soda, diet tonic, cranberry juice, or a squeeze of citrus

<b>My Swaps</b>	
<b>Instead of:</b>	<b>Try this:</b>