



EASY SUBSTITUTIONS FOR A HEALTHIER MEAL

| INSTEAD OF THIS | TRY THIS | THE BENEFITS |
|---|--|--|
| BREAKFAST | | |
| Quaker Instant Oatmeal | Old fashioned rolled oats or steel cut oats | You'll save a few calories, but you'll also gain by getting more fiber & much less sodium & other additives. |
| Eggo Homestyle Frozen Waffles | 365 Organic Multigrain Frozen Waffles | Only 20 less cal/serving, but 6g of fiber compared to 0.5g. Top your waffles w/ some yogurt & fresh fruit. |
| Three egg omelet w/ cheese | Omelet (1 whole egg & 2 egg whites) | Reduce the calories & saturated fat by reducing the amount of yolks you eat. |
| Pork sausage patty | Veggie sausage patty | You'll get more protein & much less fat & calories w/ this healthy swap. Try it even if you're not a vegetarian. |
| Dave's Killer Bread w/ butter | Dave's Killer Bread, thin slice w/ Smart Balance Spread | A thinner slice of bread means less calories, but still a good source of fiber & whole grains. Using a heart-healthy spread can save a few calories & saturated fat. |
| Reduced fat blueberry muffin | Donut | While neither are great choices, you'll get half the amount of calories in the donut. Don't be fooled by the terms "reduced calorie" or "reduced fat" & think it is the better option. |
| LUNCH | | |
| Deli meat sandwich on 2 slices of bread | Pita pocket sandwich w/ no-added-salt deli meat | Save calories & sodium w/ this swap. Stuff the pita pocket w/ sliced cucumbers, baby spinach & tomatoes to increase the fiber. |
| Low-calorie, non-fat, fruit flavored yogurt | Plain yogurt w/ fresh fruit & chopped nuts | A non-fat yogurt may leave you feeling hungry a few hours later & some also have lots of extra additives. A little extra fat (<i>by adding some chopped nuts or choosing a low fat-or whole fat yogurt</i>) may save you calories in the long run if you tend to be ravenous later in the afternoon. |
| A creamy soup (<i>clam chowder or broccoli & cheddar</i>) | A veggie broth-based soup (<i>minestrone</i>) | Creamy soups are high in calories & saturated fat. The alternatives have less calories, fat, & much more fiber. Beware, most canned soups can be high in salt. |
| Tuna salad w/ mayo | Tuna salad w/ vinaigrette | Don't get stuck in a tuna salad rut thinking the only way to eat this high-protein, low calorie dish is w/ lots of mayo. Save calories & fat by experimenting w/ other ways to moisten it including Greek Yogurt, cottage cheese, a lemon vinaigrette, or even less mayo. |



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| DINNER | | |
| Fried chicken or fish, White rice, Iceberg lettuce | Oven baked chicken or fish, Cauliflower rice, Fresh baby spinach | You can get a very similar crispy coating on chicken or fish using Panko crumbs & buttermilk... saving you lots of calories. Save more calories (& add more fiber) by swapping cauliflower rice for white rice & choosing a darker leafy green (such as spinach) instead of iceberg which has very little nutrients or fiber. |
| Steak dinner (12 oz), Buttered baked potato, Salad w/ creamy dressing | Steak dinner (6 oz), ½ baked potato, Large salad w/ vinaigrette | Sometimes it's about just eating a little less! You can still enjoy the special foods you want to have, the key is learning to eat them in smaller portions. |
| Pasta alfredo w/ white pasta | Tomato-based sauce w/ Spaghetti squash | Creamy pasta sauces pack in the calories & saturated fat & there is very little fiber in refined pasta products. Up the fiber & lower the calories by choosing spaghetti squash, zucchini noodles (<i>zoodles</i>) or a whole wheat pasta. |
| Fried mozzarella stick appetizer | Caprese Salad (fresh mozzarella, tomato & basil) | Many restaurant appetizers have enough calories for the whole meal! Choose carefully, share or skip altogether. |
| Ice cream (scooped) | Single-serve ice cream | Instead of dipping into the carton w/ your ice cream scoop & trying to limit your portion, buy pre-portioned (& lower calorie) frozen treats such as a Yasso Bar, Skinny Cow, or chocolate dipped banana bites. |