

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.

EASY SUBSTITUTIONS FOR A HEALTHIER MEAL

INSTEAD OF THIS	TRY THIS	THE BENEFITS
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.