## Swappable Items

## Breakfast

| CHOOSE... | INSTEAD OF... |
| :--- | :--- |
| Fruit, fresh or canned in water, juice, <br> or light syrup | Fruits in heavy syrup |
| Greek yogurt | Regular high-sugar yogurt |
| Small whole grain bagels - 3-1/2" or <br> smaller | Regular-sized, refined grain bagels |
| Small or mini muffins - 2-1/2" or <br> smaller | Regular or large muffins |
| Small whole grain bagels or muffins, <br> low-fat granola bars, whole wheat <br> english muffins, whole wheat toast | Croissants, doughnuts, sweet rolls, <br> pastries |
| Toppings of peanut butter, almond <br> butter, low-fat cream cheese, hummus, <br> tub margarine | Butter, full-fat cream cheese, stick <br> margarine |
| Unsweetened whole grain cereals | Sweetened cereals and refined grain <br> cereals |
| Whole grain waffles or French toast | Waffles or French toast made from <br> white bread |
| Breakfast Burrito: Scrambled eggs, egg <br> whites, or egg substitute, onions, <br> peppers, black beans, slasa, whole <br> grain tortillas | Breakfast Sandwiches |

## Snacks



| CHOOSE... | INSTEAD OF... |
| :--- | :--- |
| Fresh vegetables, cut up and served with <br> low-fat dressing, salsa, or hummus | Tempura or deep fat-fried vegetables or <br> cheese platters |
| Whole grain crackers (5g fat or less/ <br> serving) | Crackers made with refined four |
| "Lite" popcorn (5g fat or less/serving); <br> unsalted peanuts, almonds, walnuts, <br> pistachios, cashews with dried fruit, <br> sunflower seeds, or pumpkin seeds | Potato chips or tortilla chips |
| Lower calorie vegetable-based dips (e.g. <br> salsa, hummus, or bean-based dips) | Dips made from regular mayonnaise, sour <br> cream, cream cheese, or cheese sauce |
| Fruit cups in water or juice | Pudding cups |
| Sliced fruit (melon, kiwis, oranges, apples, <br> pineapple, peaches) or easy to eat/peel fruit <br> (bananas, grapes, berries, clementines, <br> plums) | Cupcakes, snack cakes |

## Lunch and Dinner



| CHOOSE... | INSTEAD OF... |
| :--- | :--- |
| Salads with lower-fat, lower sodium <br> dressings on the side | Salads with regular or added dressing |
| Soups made with vegetable puree or non- <br> fat milk or vegetable based soups | Soups made with cream or half and half |
| Whole grain pasta salads with light v <br> inaigrette | Pasta salads made with mayonnaise |
| Sandwiches on whole grain breads or small <br> whole grain wraps | Sandwiches on croissants or white bread |
| Lean meats, poultry, seafood, and <br> non-meat products: fresh sliced turkey, <br> chicken, fish (tuna, shrimp, salmon), egg, <br> tofu, hummus, or bean spread | High-fat and fried meats, processed meats, <br> poultry with skin, oil-packed or fried fish |
| Roasted or baked potatoes topped with <br> Greek yogurt/low-fat sour cream or <br> vegetables | Baked potatoes with butter, sour cream, <br> and bacon bits or French fries |
| Roasted, sautéed, or grilled veggies with <br> herbs: carrots, broccoli, brussels sprouts, <br> squash, beets | Cooked vegetables in cream sauce or butter |
| Vegetable platter: carrot sticks, celery, <br> broccoli, cucumbers, cherry tomatoes, snap <br> peas with hummus | Bread basket with butter |
| Whole grain bread or rolls with olive oil | Croissants or white rolls with butter |
| Whole grain pasta with tomato-based <br> sauce and vegetables | Pasta with cream based sauce |
| Desserts with lower calories: fresh fruit, <br> low-fat ice cream and frozen yogurt, <br> sherbet, sorbet, angel food cake with fruit | Desserts with higher saturated fat and <br> calories: ice cream, cheesecake, pies, cream <br> puffs, cake, pastries |

## Drinks

| CHOOSE... | INSTEAD OF... |
| :--- | :--- |
| Water (plain or infused with fruits, <br> vegetables, and herbs, carbonated or <br> not, with no sugar), coffee or tea <br> (unsweetened, iced or hot), 100\% fruit <br> or vegetable juices | Soda or fruit-flavored drinks |
| Low-fat or non-fat milk | Whole, $2 \%$ milk, or half and half |

