# **Swappable Items**

# Breakfast

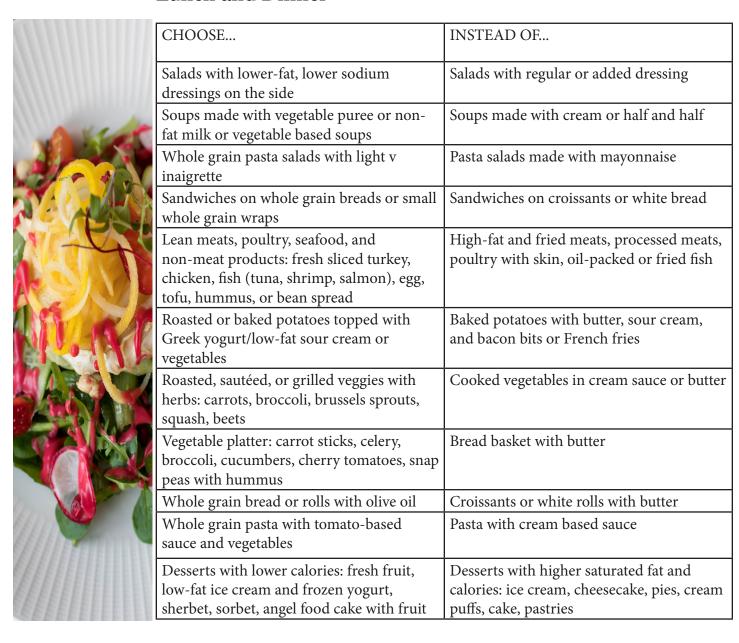
CHOOSE	INSTEAD OF	The same
Fruit, fresh or canned in water, juice, or light syrup	Fruits in heavy syrup	1
Greek yogurt	Regular high-sugar yogurt	
Small whole grain bagels – 3-1/2" or smaller	Regular-sized, refined grain bagels	
Small or mini muffins – 2-1/2" or smaller	Regular or large muffins	
Small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



# Snacks

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

### Lunch and Dinner



### Drinks

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

