

Swappable Items

Breakfast

CHOOSE...	INSTEAD OF...
Fruit, fresh or canned in water, juice, or light syrup	Fruits in heavy syrup
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 flour
“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



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

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

