



# PROTEIN SWAPS

These protein sources can be used interchangeably in most meals. Adjust servings as needed to match your recipes or meal plan.

- Whole eggs, *3 large*
- Egg whites, *6 whites or 1 cup*
- Skinless, boneless chicken breast, *4 oz.*
- Turkey breast, *4 oz.*
- Ground meat (turkey, beef, pork, 96-98% fat-free) *3 oz.*
- Protein powder, *1 scoop*
- Tofu, *4 oz.*
- Low-fat Greek yogurt, *3/4 cup or 6.5 oz.*
- Low-fat cottage cheese, *3/4 cup*
- Low-fat milk, *1 cup*
- Tuna fish, *5 oz . can*
- Pork or ham, *4 oz.*
- Fresh fish (halibut, salmon, cod, tilapia), *4 oz.*
- Canned fish (sardines, herring, mackerel) *4 oz.*
- Shrimp or shellfish, *4 oz.*
- Shellfish (fresh, canned, or smoked), *4 oz.*
- Turkey bacon, *4 slices*

Print and place this around the kitchen for easy substitution ideas.

**VSHRED**

# FAT SWAPS

These fat sources can be used interchangeably in most meals. Adjust servings as needed to match your recipes or meal plan.

- Avocados, *1/2 medium*
- Peanuts, almonds and other nuts, *1 oz.*
- Seeds (sunflower, chia, sesame, hemp), *1/4 cup*
- Nut and seed butter, *1 1/2 tbsp*
- Olives, *1/2 cup*
- Olive or canola oil, *1 tbsp*
- Hummus, *1/2 cup*
- Cheese (all varieties), *1/4 cup shredded*

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# VEGETABLE SWAPS

These vegetables can be used interchangeably in most meals. Adjust servings as needed to match your recipes or meal plan.

- Spinach, kale, arugula or other greens, *1 cup*
- Lettuce (all varieties), *1 cup*
- Broccoli, *1 cup chopped*
- Asparagus, *8 large spears*
- Cauliflower, *1 cup chopped*
- Carrots *1/2 cup chopped*
- Lettuce, *1 cup*
- Mushrooms, *1 cup*
- Brussels sprouts, *1 cup chopped*
- Tomatoes, *1 cup chopped*
- Cherry tomatoes, *1 cup*
- Eggplant, *1 cup chopped*
- Green beans, *1 cup*
- Beets, *1/2 cup chopped*
- Cucumbers, *1 cup sliced*
- Onions or leeks, *1/2 cup*  
Radishes, *1 cup chopped*
- Celery, *1 cup sliced*
- Bell Pepper, *1 cup chopped*
- Artichoke, *1/2 cup chopped*
- Zucchini, *1 cup sliced*

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# FRUIT SWAPS

These fruits can be used interchangeably in most meals. Adjust servings as needed to match your recipes or meal plan.

- Berries (blueberry, blackberry, raspberry, strawberry), *1 cup*
- Apple, *1 medium*
- Banana, *1 medium*
- Cantaloupe or honeydew melon, *1 cup chopped*
- Cherries, *1 cup*
- Raisins or other dried fruit, *1/4 cup*
- Grapes, *1 cup*
- Grapefruit, *1 cup chopped or 1 medium*
- Kiwifruit, *1 medium*
- Mango, *1 cup medium*
- Orange, *1 medium*
- Papaya, *1 cup*
- Peach, *1 medium*
- Pear, *1 medium*
- Pineapple, *1 cup chopped*
- Pomegranate, *1 small*
- Watermelon, *1 cup chopped*
- Passion fruit, *3 medium*
- Tangerine, *2 small*
- Apricot, *2 medium*

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# CARB SWAPS

These carbohydrate sources can be used interchangeably in most meals. Adjust servings as needed to match your recipes or meal plan.

- Rice (all varieties), *1/2 cup cooked*
- Whole grains (all varieties), *1/2 cup cooked*
- Potatoes (all varieties), *1/2 cup chopped*
- Sweet potatoes or yams *1/2 cup chopped*
- Beans (kidney, black, white, lima, garbanzo, fava) *1/2 cup, drained*
- Peas, *1 cup*
- Squash, *1/2 cup chopped*
- Lentils, *1/2 cup cooked*
- Squash, *1/2 cup chopped*
- Corn, *1/2 cup cooked*
- Whole grain bread, *1 slice*
- Oatmeal, *1/2 cup cooked*
- Whole wheat pasta, *1/2 cup cooked*
- Rice cakes, *2 cakes*
- Parsnips, *1/2 sliced*

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