

# HEALTHY FOOD SWITCHES



Your body weight and health are reflections of the food choices you make throughout the day. Your energy, mood, concentration, focus and exercise performance are also greatly impacted by the quality of your food choices. Check out the simple ‘switches’ that not only boost the quality of your food choices to improve your overall wellbeing but will promote a healthy body weight.

INSTEAD OF...	SWITCH TO!
<p><b>BEVERAGES</b> Soda, sweetened juices, lemonade, café mocha, or Frapaccino</p>	<p>Water, water flavored with citrus slices or other fresh or frozen fruit, 100% fruit Juice, V8, skim or 1% milk, coffee with skim milk, café or tea latte with skim milk, black, green, white or herbal tea</p>
<p><b>SANDWICHES</b> BLT, ‘crispy’ fried chicken, grilled cheese, salami, or chicken salad, egg salad or tuna salad with heavy mayo</p>	<p>Deli sliced turkey, chicken, ham or roasted beef, fresh vegetables, grilled chicken, hummus, mixed salads with no or little mayo</p>
<p><b>MEAT, POULTRY, SEAFOOD</b> Ground meat: hamburger, meat loaf Beef: T-bone, rib eye, prime rib Pork: chops, ribs Processed meat: hot dog, bologna, sausage Poultry: with skin, thigh or wing Preparation: fried, crispy, sautéed, breaded</p>	<p>Ground meat: ground skinless turkey or chicken burger or veggie burger Beef: round steak, sirloin, flank steak, tenderloin Pork: tenderloin, lean pork, fat trimmed Processed meat: low fat chicken or turkey sausage Poultry: skinless chicken or turkey breast Preparation: broiled, grilled, or roasted</p>
<p><b>DAIRY PRODUCTS</b> Whole or 2% Milk Regular or whole yogurt Regular cheese, yellow cheese, processed cheese Regular ice cream Regular cream cheese</p>	<p>1% or skim milk Low fat / no fat yogurt Reduced fat or low fat cheese White cheese (string, mozzarella, cottage) Low fat or fat free ice cream or frozen yogurt Light or fat free cream cheese</p>
<p><b>SWEETS &amp; DESSERTS</b> Cheesecake, cheese Danish, croissant, cinnamon roll, brownie, pie, regular or gourmet ice cream, fudge brownie sundae, doughnut, pound cake, banana bread</p>	<p>Fruit, ice milk, sorbet, 100% juice bar, fudge bar, vanilla wafers, ginger snaps, fig bars, graham crackers, oatmeal raisin cookies</p>
<p><b>SNACKS</b> Chocolate bar, sandwich crackers, gold fish, potato chips, tortilla chips, ice cream, bugles, popcorn in coconut oil or with added butter</p>	<p>Fruits, vegetables, 100% whole grain crackers, light popcorn, whole wheat pretzels, baked potato chips, corn tortilla chips, brown rice cakes, naturally sweetened granola bar, fruit/nut bars, dried fruit and nut trail mix, hummus, string cheese</p>

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<p><b>FAST FOOD</b> Big Macs, Whoppers, cheeseburgers, French fries, pizza, fried chicken sandwich, fried chicken, chicken nuggets, regular milk shake, pot pie, beef taco, beef burrito, taco salad</p>	<p>Single hamburger (add more ketchup), grilled chicken sandwich, salad with light dressing, chili, baked potato (add chili or light sour cream and veggies), bean burrito, chicken taco or burrito (easy on the cheese and sour cream)</p>
<p><b>AMERICAN</b> Hamburgers, cheeseburgers, baby back ribs, chicken fingers, steak fajitas, bacon &amp; cheese grilled chicken sandwich, French fries, loaded potatoes, onion rings, buffalo wings, fried mozzarella sticks, stuffed potato skins</p>	<p>Grilled chicken or seafood, Chicken or vegetable fajitas, Garden Burgers, Grilled chicken salad with light dressing, Pasta with chicken or shrimp and/or vegetables in any non-cream sauce, baked potato (with a tablespoon of sour cream), vegetable of the day, non-cream-based soups</p>
<p><b>MEXICAN</b> Taco salad, enchilada, beef chimichanga, chile relleno, cheese quesadilla, beef &amp; cheese nachos, beef burrito</p>	<p>Chicken or vegetable fajitas, chicken or bean burrito, chicken taco</p>
<p><b>SEAFOOD</b> Seafood casserole, any fried seafood, baked stuffed shrimp</p>	<p>Any broiled, grilled, blackened, or steamed seafood</p>
<p><b>CHINESE</b> Moo shu pork, Sweet &amp; sour pork, kung pao chicken, General Tso's chicken, orange crispy beef, fried rice, orange sesame chicken or shrimp</p>	<p>Stir-fried or steamed vegetables, shrimp or chicken with garlic sauce, Hunan or Szechuan shrimp or chicken or tofu, white rice, brown rice</p>
<p><b>ITALIAN</b> Lasagna with meat sauce and lots of cheese, manicotti, egg-plant or veal parmigiana, Fettuccine Alfredo, Fried calamari, pizza with meats and heavy cheese</p>	<p>Spaghetti with tomato or meat sauce or olive oil and crushed pepper, linguini with red or white clam sauce, lasagna (easy on cheese and meat), pizza (veggies/fruit, ham, Canadian bacon, blot or remove some cheese)</p>
<p><b>BREAKFAST</b> Belgian waffles, biscuits &amp; gravy, ham &amp; cheese omelet, sausage, egg-pancake-sausage-bacon platter, Egg McMuffin</p>	<p>Hot or cold cereal, scrambled eggs substitute, hash brown, ham, pancakes (easy on the margarine), toast or bagel with preserves or marmalade, fresh fruit or juice</p>
<p><b>CONDIMENTS</b> Butter or margarine, sour cream, mayo, regular dressings</p>	<p>Whipped light butter, lower-fat tub margarine, fat-free or low-fat sour cream, light mayo, light/fat free dressings</p>