

Food Swap Guide

<p style="text-align: center;">GRAINS</p> <p>Portion Size = 1/2 cup</p> <p>whole grain, 100% rye or gluten free Buckwheat Cereal: high fiber, Ezekiel Corn Dates Figs Millet Oatmeal Pasta: spelt, kamut, brown rice, whole wheat, quinoa Peas Quinoa Rice cakes (3) Rice crackers (10) Rice, brown, basmati Sweet potatoes Tortilla: 1-2 small White potatoe Whole grain crackers (2)</p>	<p style="text-align: center;">LEGUMES</p> <p>Portion Size = 1/2 cup</p> <p>Lentils Beans: garbanzo, pinto, black, adzuki, navy, fava, lima, soy, mung, fat-free Bean soup: 3/4 cup Hummus (low fat): 1/4 cup Soup: 3/4 cup split peas,</p> <p style="text-align: center;">VEGETABLES</p> <p>Portion Size = 1 cup raw or 1/2 cup cooked as minimum per meal/snack</p> <p>Artichokes Asparagus Bean Sprouts Bell and other peppers Broccoli, broccoflower Brussel Sprouts Cabbage (all types) Cauliflower Celery Cucumber/dill pickles Eggplant Green beans Greens: kale, dandelion greens, swiss chard, spinach, mustard Lettuce: mixed, romaine, red/green, endive, arugula, Okra Radishes Salsa (sugar free) Sea Vegetables Spaghettie Squash Sprouts Tomatoes Water chestnuts Zucchini</p> <p style="text-align: center;">NUTS</p> <p>Portion Size = 0.5 oz or as indicated</p> <p>Natural Nut Butters 1tbsp Nuts, 0.5oz Seeds, 2 tbsp</p>	<p style="text-align: center;">FRUITS</p> <p>Portion Size = 1 cup or</p> <p>Apricots, 3 Banana, small Berries: blackberries, blueberries, strawberries, raspberries, (cranberries Cantaloupe Cherries, 15 Grapes Honeydew 1/4 small Kiwi, 2 Mango Nectarines Peaches Pear Pineapple Plum Tangerines, 2 Watermelon</p> <p style="text-align: center;">PROTEINS</p> <p>Portion Size = 3oz for women and 5oz for men</p> <p>Beef, extra lean 3oz Egg white substitute, 1cup Eggs, 1 whole egg+ 3 whites Fish, shellfish, 3oz fresh or 3/4 cup canned in water Leg of lamb, lean roast 3oz Pork Poultry: white meat only Salmon 3-4oz Soy or Veggie burger 4oz Tofu, 8oz or 1 cup (fresh) or 3.5oz cubed (baked) Veal</p> <p style="text-align: center;">FREE FOODS</p> <p>Herbs Vanilla Cinnamon Sodium Reduced Hot Sauce Lemon/lime juice Mustard Spices Tamary Soy Sauce</p>
<p style="text-align: center;">DAIRY</p> <p>Portion Size = 1/2 cup</p> <p>Cheese 2 oz Cheese, Full Fat 1 oz (Feta, Cottage Cheese Milk, skim or 1% Unsweetened Almond Milk, 1 cup Unsweetened Soy Milk, 1 cup Whey protein powder 1 scoop Yoghurt, Greek Yoghurt, plain</p>		
<p style="text-align: center;">FATS</p> <p>Portion Size = 1.5 tsp or as indicated</p> <p>Avocado 4 tbsp Butter Chia Seeds Coconut Oil Flaxseed oil Grapeseed Oil Macadamia Nut oil Olive Oil Olives, 6</p>		