

Healthy Substitutions

Instead of...	Better...	Best...
Whole milk	1%	Skim milk
Donuts	Bagel	English muffin
Fried Chicken	Chicken breast w/ skin	Skinless chicken breast
Prime rib	Marbled beef	Lean beef
Fried potato	Baked potato	Baked sweet potato
Pork sausage	Ham	Canadian Bacon
Pork and Beans	Baked Beans (no pork)	Black-eyed peas
Sour cream	Low-fat sour cream	Fat-free sour cream
Butter	Smart Balance (spread)	Olive/canola oil
Eggs Benedict	Scrambled eggs	Egg substitute omelet
Carrots & ranch dip	Carrots & low-fat ranch	Carrots & yogurt dip
Refried beans w/ lard	Refried beans (no lard)	Black/pinto beans
Canned fruit in syrup	Canned fruit in juice	Fresh or frozen fruit
Iceberg lettuce (head)	Romaine lettuce	Spinach
Chocolate covered peanuts/nuts	Dry Roasted peanuts/nuts	Lightly salted almonds/pistachios
Regular soda	Diet soda	Water/sparkling water
Frozen yogurt	Low-fat yogurt	Nonfat/light yogurt

Read between the lines...

High-Fat Choice	Healthier, Low-fat Choice
Fried	Steamed
Creamed	Garden Fresh
Butter sauce	Poached
Marinated in oil	Marinated in wine
Alfredo sauce	Marinara sauce
Au Gratin	Tomato sauce
Crispy	Broiled