



Did You Know with an array of easy swaps you can lighten up your favorite recipes?

Who says you have to go without? Rather than eliminating favorite foods from your diet altogether, focus on finding healthy “swaps” instead. Think turkey chili vs beef chili. Dark chocolate vs milk chocolate. Ham and cheddar vs reduced-fat Swiss.

Think substitution, not deprivation!

When it comes to dairy, dialing down the fat content makes a huge difference. Drink fat-free (skim) or low-fat (1%) milk rather than 2% or whole (3.5%). If you currently drink whole milk, gradually switch to lower fat versions.



One cup of whole milk has 146 calories and nearly 8 grams of fat. Reduced-fat (2%) has 122 calories and nearly 5 grams of fat. Low-fat (1%) has 103 calories and 2.5 grams of fat. Nonfat (skim) has 83 calories and almost zero fat.

Go for the skim or skinny options for maximum impact. Use fat-free evaporated milk instead of cream. When dip recipes call for sour cream, substitute plain yogurt. Top a baked potato with Greek yogurt and chives. Spread a bagel or English muffin with ricotta cheese rather than cream cheese.

Ditch the yolks. Make an egg-white omelette and slash the fat, cholesterol and calories by more than half. Did you know that a whole egg contains 75 calories and 5 grams of fat, whereas the white weighs in at just 16 calories and has zero fat?

Check out these other ideas and come up with some creative ones of your own. Over the course of a year, small swaps can certainly add up to something big!

SWAP IT OUT



Swap out higher calorie foods and beverages for lower calorie alternatives. Every calorie counts.

Swap OUT	Swap IN
regular soda	no-calorie soda
sweet tea	unsweetened tea
latte	plain coffee
sweetened water	fruit juice/seltzer spritzer
peanuts	popcorn (air-popped)
granola bar	almonds
cheese & crackers	cheese & apple slices
sour cream	greek yogurt
mashed potato	mashed cauliflower
macaroni & cheese	½ broccoli ½ macaroni & cheese
spaghetti	spaghetti squash
white hamburger bun	whole wheat hamburger bun
bagel	English muffin
sandwich bread	wrap
mayonnaise	avocado
breakfast sausage	bacon
beef chili	turkey chili
pepperoni pizza	pizza with hot red pepper flakes
bowl of ice-cream	ice-cream sandwich, fudge pop or low-calorie ice cream
milk chocolate	dark chocolate

<http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet5GotYourDairyToday.pdf>