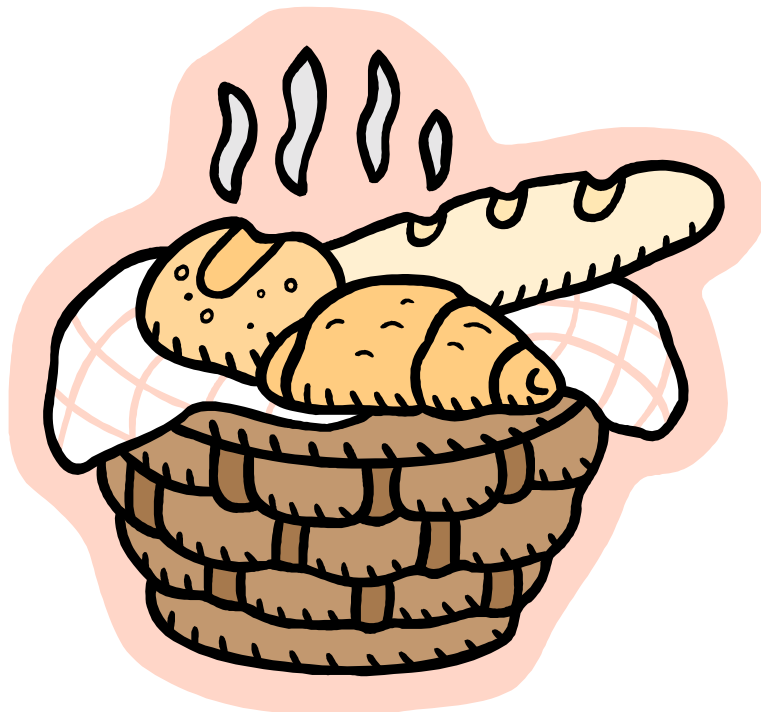


68 Food Substitutions You
Can Make Immediately to
Eliminate Hundreds of
Calories From Your Diet
Every Day!



- 1) eat a cinnamon raisin bagel instead of a blueberry muffin - you SAVE 58 calories and 6 grams of fat
- 2) eat reduced-fat instant ramen noodle soup (Mr. Skinny) in place of fried instant ramen noodle soup (Mr. Noodles) you end up saving 70 calories and 8 grams of fat
- 3) eat 1 cup of air-popped popcorn instead of 10 potato chips and SAVE 75 calories and 7 grams of fat
- 4) have mixed greens with low-fat vinaigrette instead of a Caesar salad and SAVE a Whopping 199 calories and 19 grams of fat
- 5) have a cup of 1% chocolate milk instead of a chocolate bar and SAVE 80 calories and 10 grams of fat
- 6) instead of creamy coleslaw, have coleslaw made with low-fat vinaigrette and SAVE 112 calories and 10 grams of fat
- 7) eat 1 oz of pretzel sticks instead of 1 oz of oil-roasted peanuts and you'll SAVE 61 calories and 13 grams of fat
- 8) have raspberry sauce on ice cream instead of chocolate fudge sauce and SAVE 103 calories and 7 grams of fat
- 9) when eating at McDonald's, leave off the mayonnaise and save yourself 80 calories and 9 grams of fat
- 10) try 1 tbsp salsa instead of 1 tbsp butter and 81 calories
- 11) have a piece of fruit instead of 3 chocolate chip cookies and save 189 calories
- 12) choose 1 oz baked chips instead of 1 oz regular chips and you save 90 calories
- 13) try to use only $\frac{2}{3}$ of the sugar required when baking
- 14) Use honey in place of sugar and save $\frac{1}{2}$ the calories
- 15) Always eat brown rice instead of white rice
- 16) Drink water instead of soda and save tons of sugar and 200 plus calories

- 17) Eat fruit with yogurt instead of ice cream
- 18) Eat whole-wheat bread instead of white bread and increase the amount of fiber in your diet
- 19) Only use 50% of the flour called for in recipes
- 20) Always use Olive Oil instead of regular oils
- 21) Substitute whole-wheat flour instead of white flour
- 22) Use herbs, spices & other seasonings instead of salt
- 23) Freeze a banana, then throw it in the blender, tastes just like ice cream but with way less calories & fat
- 24) Substitute Avocado with Chestnuts
- 25) Instead of regular Bacon, choose Low-Fat Canadian Bacon
- 26) Instead of Baked Cakes, have Fat-Free Baked Cakes
- 27) Have a chicken breast or tuna in place of Bologna
- 28) Eat fruit instead of brownies
- 29) Use Molly McButter instead of butter
- 30) If you must have cake, have angel food cake
- 31) When eating cheese, choose Non-Fat, Low Fat Cheese or “Hard Cheese”
- 32) Eat Ricotta instead of Cheddar
- 33) Instead of Chips, have Air-Popped Popcorn, or Crackers
- 34) If you have a craving for chocolate, have Fat-Free Pudding instead
- 35) Instead of cream in your milk, choose low-fat milk or non-fat milk
- 36) Instead of cookies, eat Fig Bars, fat-free crackers or graham crackers
- 37) Have Fat-Free Cream Cheese in place of regular cream cheese
- 38) Eliminate all cream sauces in favor of tomato sauce

- 39)** Forget the creamy dressings, have a vinaigrette or fat-free dressing instead
- 40)** Instead of a croissant or doughnut, have a muffin
- 41)** Instead of regular eggs, have egg substitutes or egg whites
- 42)** Instead of french fries, have Oven-Baked French Fries or Yams
- 43)** Eliminate all fried foods in favor of ones that are baked, broiled, grilled or steamed
- 44)** Have Hot sauce or Worcestershire sauce instead of gravy
- 45)** Substitute Lean Beef for Ground Beef
- 46)** Have Ground Chicken or Turkey instead of Ground Beef or Hamburger
- 47)** Instead of hotdogs, eat Low-Fat or Vegetarian Hotdogs
- 48)** In place of Ice Cream, have Fat-Free Frozen Yogurt or Fat-Free Ice-Cream
- 49)** Substitute Fish or Chicken for Lamb
- 50)** Instead of Lard, use vegetable oil
- 51)** Instead of Lunch Meat, have Grilled Chicken, Turkey or Tuna
- 52)** Instead of Margarine, have Fat-Free Margarine
- 53)** Use fat-free mayonnaise in place of regular mayonnaise
- 54)** If you want to save calories without losing protein, eat tofu instead of meat
- 55)** Instead of Nuts, have Popcorn or Pretzels
- 56)** When cooking, use a Non-Stick Spray in place of oil
- 57)** Eat Pickles instead of Olives
- 58)** Use Olive Oil instead of Palm Oil
- 59)** Instead of a regular Pie Crust, use a Graham Cracker Crust
- 60)** Instead of eating Pork, eat Chicken or Turkey
- 61)** Instead of Red Meat, choose Fish or Chicken

- 62) Have Low-Fat Sausage, instead of regular sausage
- 63) Have Reduced Sodium Soups or Chicken Broth instead of regular soups
- 64) Have Fat-Free Sour Cream in place of regular sour cream
- 65) Instead of sour cream, use Non-Fat Yogurt
- 66) Have Chicken or Fish in place of veal
- 67) Instead of Whipped Cream, have Low-Fat Yogurt
- 68) Drink Low-Fat or Skim Milk instead of whole milk

Most People Drink Milk so that's a great place to start to make food substitutions. Here's chart with a complete breakdown of the calories and fat you save by switching from one kind of milk to another:

A Cup of Milk			
NUTRIENT	Whole Milk	2% Milk	Skim Milk
Calories	150.0	130.0	90.0
Total Fat (g)	8.0	5.0	0.0
Saturated Fat (g)	5.0	3.0	0.0
Cholesterol (mg)	35.0	20.0	5.0
Sodium (mg)	125.0	130.0	135.0
Carbohydrates (g)	12.0	13.0	13.0
Fiber (g)	0.0	0.0	0.0
Potassium (mg)	0.0	420.0	430.0
Protein (g)	8.0	9.0	9.0

You can easily make a couple or most of these substitutions starting **RIGHT NOW** to ensure you eliminate "junk calories" from your diet.

Also, as an added bonus, if you do a lot of cooking and can't always find what you need in your house, here's a great link with hundreds of substitutions you can make to your recipes:

<http://www.switcheroo.com/>