

# Food Substitution List

## **Non-starchy Vegetables (25 calories)**

1/2 c. vegetable juice  
1/2 c. cooked or 1 c. raw vegetables, such as beets, broccoli, cabbage, carrots, cauliflower, celery, cucumber, mushrooms, onions, peppers, salad greens, spinach, squash, tomato, and zucchini

## **Fruits (60 calories)**

1/2 c. juice  
1/2 c. canned fruit  
1/4 c. dried fruit  
1 small apple, banana, peach or orange  
1/2 grapefruit, mango, papaya  
17 grapes  
1 c. fresh berries or melon  
1/8 melon  
2 plums, tangerines

## **Breads/Starches (80 calories)**

1 slice of bread  
2 slices diet bread  
1/2 English muffin  
1/2 or 1 oz roll, pita, bagel or low fat muffin  
6" corn or flour tortilla  
1/2 hot dog/hamburger bun  
1/2 c. cooked pasta  
1/2 c. potato or sweet potato  
1/3 c. cooked rice  
1/2 c. cooked beans, peas or corn  
1/2 c. fat free pudding

*(breads/starches cont.)*

1/2 c. unsweetened ready to eat cereal  
3/4 oz pretzels  
3 c. plain popcorn  
4 low fat crackers  
3 graham cracker squares

## **Milk/Yogurt (90 calories)**

1 c. skim milk  
3/4 c. nonfat yogurt

## **Fats & Oils (45 calories)**

1 tsp. butter, margarine or oil  
2 Tbs. cream  
1 tsp. mayonnaise  
1 Tbs. cream cheese  
2 Tbs. sour cream  
1 Tbs. regular salad dressing  
2 Tbs. low fat/light dressing  
1 slice bacon  
8 large black olives  
10 peanuts  
6 almonds or mixed nuts  
2 tsp. peanut butter  
1/8 avocado

## **Lean Meats (55 calories)**

1 oz lean beef or veal  
1 oz lean ham or pork  
1 oz lean lamb roast  
1 oz skinless chicken or turkey  
1 oz salmon, catfish or tuna  
1 oz shell fish  
1/4 c. medium fat cottage cheese  
1 oz low fat cheese or luncheon meat

*(lean meats cont.)*

1 1/2 oz low fat hot dogs  
2 egg whites  
1/4 c. egg substitutes

## **Medium Fat Meats (75 calories) Tracking boxes 1 1/2**

1 oz ground beef or corned beef  
1 oz pork loin or pork chop  
1 oz non-breaded veal cutlet  
1 oz chicken or turkey w/ skin  
1 oz fried fish  
1 oz feta or mozzarella cheese  
1 egg  
1 oz low fat sausage  
1/2 c. tofu

## **Unlimited (0-25 calories)**

Beverages: coffee, tea, diet soda, diet tonic, club soda, mineral water, sugar-free drink mixes

Sugar substitutes

Flavor Enhancers: bouillon/broth (low sodium), catsup, extracts, garlic, herbs, horseradish, lemon juice, lime juice, mustard, pickles, salsa, spices, soy sauce (light) taco sauce vinegar, Worcestershire sauce

