30 Healthy Food Swaps

Breakfasts, drinks & everyday choices

Compare portions • discover flexible alternatives • choose what works for you

01 BREAKFAST & MORNINGS — LESS ADDED SUGAR



USUAL PICK
Frosted corn flakes
1 cup (~40 g)

›



TRY THIS
Plain oatmeal
1 cup cooked (~234 g)

02 BREAKFAST & MORNINGS — ADD WHOLE FRUIT



USUAL PICK
Flavored yogurt
3/4 cup (~170 g)

›



TRY THIS
Greek yogurt + berries
3/4 cup yogurt + 1/2 cup fruit

03 BREAKFAST & MORNINGS — OFTEN MORE FIBER



USUAL PICK
White bread
2 slices (~64 g)

›



TRY THIS
Whole-wheat bread
2 slices (~64 g)

04 BREAKFAST & MORNINGS — CHOOSE YOUR SWEETNESS



USUAL PICK
Sweetened granola
1/2 cup (~55 g)

›



TRY THIS
Rolled oats + cinnamon
1/2 cup dry oats (~40 g)

05 BREAKFAST & MORNINGS — WHOLE-FRUIT TOPPING



USUAL PICK
Pancake syrup
2 tbsp (30 mL)

›



TRY THIS
Warm mashed berries
1/2 cup (~75 g)

06 BREAKFAST & MORNINGS — ADD A PROTEIN FOOD



USUAL PICK
Bakery muffin
1 medium (~110 g)

›



TRY THIS
Toast + boiled egg
1 slice (32 g) + 1 egg

07 DRINKS — NO ADDED SUGAR



USUAL PICK
Regular cola
12 fl oz (355 mL)

›



TRY THIS
Sparkling lime water
12 fl oz (355 mL)

08 DRINKS — LESS ADDED SUGAR



USUAL PICK
Sweet iced tea
12 fl oz (355 mL)

›



TRY THIS
Unsweetened iced tea
12 fl oz (355 mL)

09 DRINKS — CONTROL ADDED SUGAR



USUAL PICK
Sweetened coffee drink
12 fl oz (355 mL)

›



TRY THIS
Coffee + plain milk
12 fl oz total (355 mL)

10 DRINKS — INCLUDE FRUIT FIBER



USUAL PICK
Orange juice
8 fl oz (240 mL)

›



TRY THIS
Whole orange + water
1 medium (~131 g) + 1 glass

Portions are examples, not calorie-matched servings. Check labels; no food is off-limits.

30 Healthy Food Swaps

More drink, snack & meal ideas

Compare portions • discover flexible alternatives • choose what works for you

11 DRINKS — NO ADDED SUGAR



USUAL PICK
Bottled lemonade
12 fl oz (355 mL)

›



TRY THIS
Lemon-infused water
12 fl oz (355 mL)

12 DRINKS — CHOOSE THE SWEETNESS



USUAL PICK
Sweetened cocoa
1 cup (240 mL)

›



TRY THIS
Milk + unsweetened cocoa
1 cup milk + 1 tsp cocoa

13 SNACKS & SWEET THINGS — MORE SNACK VOLUME



USUAL PICK
Potato chips
1 oz (28 g)

›



TRY THIS
Air-popped popcorn
3 cups (~24 g)

14 SNACKS & SWEET THINGS — WHOLE-FRUIT OPTION



USUAL PICK
Gummy candies
1 small bag (~28 g)

›



TRY THIS
Fresh grapes
1 cup (~151 g)

15 SNACKS & SWEET THINGS — PROTEIN + FRUIT



USUAL PICK
Ice cream
1/2 cup (~65 g)

›



TRY THIS
Greek yogurt + berries
1/2 cup yogurt + 1/4 cup berries

16 SNACKS & SWEET THINGS — MORE WATER & VOLUME

USUAL PICK
Dried mango
1/4 cup (~40 g)

›



TRY THIS
Fresh mango
1 cup (~165 g)

17 SNACKS & SWEET THINGS — FRUIT + SOME CRUNCH



USUAL PICK
Sweet cereal bar
1 bar (~35 g)

›



TRY THIS
Banana + peanuts
1 small (~100 g) + 1 tbsp nuts

18 SNACKS & SWEET THINGS — ADD VEGETABLES



USUAL PICK
Cheese crackers
1 oz (28 g)

›



TRY THIS
Carrots + hummus
1 cup carrots + 2 tbsp hummus

19 EVERYDAY MEALS — OFTEN MORE FIBER



USUAL PICK
Regular pasta
1 cup cooked (~140 g)

›



TRY THIS
Whole-wheat pasta
1 cup cooked (~140 g)

20 EVERYDAY MEALS — WHOLE-GRAIN OPTION



USUAL PICK
White rice
1 cup cooked (~160 g)

›



TRY THIS
Brown rice
1 cup cooked (~195 g)

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30 Healthy Food Swaps

Meals, toppings & finishing touches

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21 EVERYDAY MEALS — LESS FRYING OIL



USUAL PICK
Fried breaded chicken
3 oz cooked (85 g)

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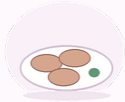
TRY THIS
Roasted chicken breast
3 oz cooked (85 g)

22 EVERYDAY MEALS — LEANER MEAT CHOICE



USUAL PICK
80/20 ground beef
4 oz raw (113 g)

›



TRY THIS
93% lean ground turkey
4 oz raw (113 g)

23 EVERYDAY MEALS — OFTEN LESS SAT. FAT



USUAL PICK
Cream-based pasta sauce
1/2 cup (~125 g)

›



TRY THIS
Tomato & herb sauce
1/2 cup (~125 g)

24 EVERYDAY MEALS — CHECK FOR MORE FIBER



USUAL PICK
Refined-flour tortilla
1 medium (~60 g)

›



TRY THIS
Whole-wheat tortilla
1 medium (~60 g)

25 TOPPINGS & SIDES — PROTEIN-CONTAINING DIP



USUAL PICK
Ranch dressing
2 tbsp (~30 g)

›



TRY THIS
Greek yogurt herb dip
2 tbsp (~30 g)

26 TOPPINGS & SIDES — OFTEN MORE PROTEIN



USUAL PICK
Sour cream
2 tbsp (~30 g)

›



TRY THIS
Plain Greek yogurt
2 tbsp (~30 g)

27 TOPPINGS & SIDES — ADDS SOME FIBER



USUAL PICK
Mayonnaise
1 tbsp (~14 g)

›



TRY THIS
Mashed avocado
1 tbsp (~15 g)

28 TOPPINGS & SIDES — FLAVOR WITH LESS FAT



USUAL PICK
Butter on vegetables
1 tbsp (~14 g)

›



TRY THIS
Lemon juice + herbs
1 tbsp lemon + fresh herbs

29 TOPPINGS & SIDES — ADD FIBER & CRUNCH



USUAL PICK
Croutons
1/4 cup (~15 g)

›



TRY THIS
Roasted chickpeas
1/4 cup (~40 g)

30 TOPPINGS & SIDES — LESS SODIUM, SAME NUTS



USUAL PICK
Salted peanuts
1 oz (28 g)

›



TRY THIS
Unsalted peanuts
1 oz (28 g)

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