

Eat This, Not That: Simple Substitutions for Every Meal

Instead of:

Try This:

2 whole large eggs (100g)

(155 calories, 11g fat, 13g protein, 1.1g carbs, 124mg sodium)

Egg whites (100g)

(52 calories, 0.2g fat, 11g protein, 0.7g carbs, 166mg sodium)

1 slice of white bread (30g)

(79 calories, 1g fat, 2.8g protein, 15g carbs, 0.8g fibre, 147mg sodium)

1 slice of multi-grain bread (30g)

(75 calories, 1.2g fat, 3.8g protein, 12g carbs, 2.1g fibre, 108mg sodium)

1 medium coffee (2x sugar/cream)

(105 calories, 6g fat, 1g protein, 11g carbs, 11g sugar)

1 medium green tea (no cream/sugar)

(0 calories, 0g fat, 0g protein, 0g carbs, 0g sugar)

2 slices white bread (60g)

(158 calories, 2g fat, 30g carbs, 5.6g protein, 1.6g fibre, 294mg sodium)

1 7-inch whole wheat tortilla (34g)

(90 calories, 5g fat, 15g carbs, 3g protein, 2g fibre, 250mg sodium)

2 slices bologna (56g)

(138 calories, 12g fat, 8.6g protein, 508mg sodium)

¼ cup flaked light tuna in water (55g)

(60 calories, 0g fat, 14g protein, 140mg sodium)

Campbell's Cream of Mushroom soup (1 cup)

(96 calories, 6g fat, 8g carbs, 1.6g protein, 0.7g fibre, 843mg sodium)

Campbell's Healthy Request Pasta Fagioli soup (1 cup)

(90 calories, 0.5g fat, 18g carbs, 4g protein, 3g fibre, 410mg sodium)

Grilled Ribeye Steak (200g)

(582 calories, 44g fat, 48g protein, 108mg sodium)

Grilled Salmon (200g)

(356 calories, 16g fat, 48g protein, 104mg sodium)

Baked White Potato (100g)

(94 calories, 0.2g fat, 2.1g protein, 2.1g fibre, 544mg potassium, vitamin A = 0%)

Baked Sweet Potato (100g)

(86 calories, 0g fat, 1.6g protein, 3g fibre, 337mg potassium, vitamin A = 283%)

White Rice (1 cup)

(206 calories, 0.4g fat, 4.2g protein, 0.6g fibre, 55mg potassium, vitamin B-6 = 5%)

Quinoa (1 cup)

(223 calories, 3.6g fat, 8g protein, 5g fibre, 318mg potassium, vitamin B-6 = 10%)

Potato Chips (50g)

(268 calories, 17.5g fat, 26.5g carbs, 3.5g protein, 2.4g fibre)

Popcorn (air-popped) (50g)

(193 calories, 2g fat, 39g carbs, 6.5g protein, 7g fibre)

Chocolate Chip Cookie (3 cookies)

(160 calories, 8g fat, 22g carbs, 2g protein, 0.7g fibre, 11g sugar)

Quaker Chocolate Chip Granola Bar (1 bar)

(100 calories, 3g fat, 17g carbs, 1g protein, 1g fibre, 7g sugar)

Chocolate Pudding (100g)

(142 calories, 4.6g fat, 23g carbs, 2.1g protein, 17g sugar)

Vanilla Greek Yogurt (2%) (100g)

(100 calories, 1.5g fat, 13g carbs, 8g protein, 10g sugar)