

Our Guide...

30+ Food Swaps Saving
You 100's of Calories!



HEALTHY FOOD SWAPS THAT
TASTE SO GOOD!

Contrary to popular belief, you don't have to overhaul your diet to lose weight — just make these smart food swaps. Read on for more on how to eat healthy, you won't want to miss these!





SWAP OUT MAYO FOR MUSTARD

When it comes to sandwiches, calories sneak in all too quickly. Next time you stack your lunch, try spreading mustard instead of mayo. Just one tablespoon of mayo can add 90 calories to your 'wich, but spicy mustard is often zero.





ORDER TALL INSTEAD OF VENTI

When you're at Starbucks, there's no better way to slim down your java order than by opting for a shorter cup. Even if you sip a milky flavored latte, choosing the Tall over the Venti will save 100 calories from your day's budget.





GO FOR CAULIFLOWER RICE

It's a ubiquitous trend for a reason: Ricing the fiber-filled veggie instead of boiling a pot of regular rice can help you shave calories off your lunch and nourish your body with vitamin C, potassium, and even plant-based protein. Save 130 calories!





MAKE IT OPEN-FACED!

Sometimes that second piece of bread is really unnecessary. By eating your lunch open-faced, you cut 120 calories. And if you take it with a fork and knife, you'll eat more slowly, allowing your body to tell you when you feel full before you've scarfed down the whole thing.





SPAGHETTI SQUASH FOR PASTA

When cooked, the flesh of this squash resembles long, stringy spaghetti-like noodles. To make, slice the squash in half length-wise and roast face down in the oven until softened. Spaghetti squash has just 42 calories, while one cup of pasta has 239 calories.





WRAP IT WITH LETTUCE OR COLLARD GREENS

Up the nutrition while lowering the overall calories and carbohydrates of your next Mexican dinner by swapping out the flour tortilla for lettuce or a collard green leaf. Collard greens have about 90% fewer calories and carbohydrates than a white flour tortilla.





MANGO FOR BROWN SUGAR

In glazes and marinades, sugar is often a key part of the recipe. While most recipes call for about one cup of sugar, you can reduce the amount needed in half or more by adding fresh mango instead. A cup of brown sugar = 550 calories while a cup of chopped mango = 100 calories.





BANANA ICE CREAM

Thanks to their naturally sweet and smooth texture, bananas are ideal for ice cream swaps. To make, simply blend frozen ripe bananas. Here you swap nine fewer grams of sugar per cup compared to regular ice cream.





SWAP PEPITOS FOR CROUTONS

Croutons might be your favorite way to add crunch to your salads, but you're mostly topping your veggies with a bunch of refined carbs and oil. To get the same satisfying texture without the nutritional drawbacks, look to pepitas (aka pumpkin seeds).





ENGLISH MUFFIN INSTEAD OF A BAGEL

Swap an English Muffin with a Bagel and go from 350
calories to 150 calories!





EAT AN ORANGE INSTEAD OF DRINKING OJ

Skip the 12-ounce glass of orange juice. Eat a fresh orange instead—one cup of OJ has 24 grams of sugar, double the amount in an orange. Plus you'll tack on an extra 3 grams of fiber by eating whole fruit.





SPICE UP EGGS INSTEAD OF USING CHEESE

Eggs and cheese do go hand in hand, but they also boost calories like no other. Next time you need more flavor in your scramble, try a lower cal fix such as tossing in chopped chives. Hot sauce, red pepper flakes, or even everything bagel seasoning can also do the trick.





GO GREEK INSTEAD OF SOUR CREAM

We get that the tangy, creamy, smooth addition of sour cream is irresistible. But for nearly the same palatable experience, you can save over 30 calories and add waist-cinching probiotics to your meal. Yes, just a "dollop" of our favorite yogurt can help steer you on the right track for your weight loss journey.





SWEETEN WITH CINNAMON

Starting your day with sweetness means your body will be craving it all day long. Instead of loading your coffee with sugar (artificial, or not), try sprinkling in blood-glucose-regulating cinnamon. Save 10 calories!





AIR POP POPCORN

Yummmm, popcorn. The high-fiber snack can be kept low-cal, but only if you prepare it correctly. **Ditch the butter, ditch the bags, and invest in an air popper.** By air popping your whole-grain kernels, you'll consume fewer calories than most healthy snacks for weight loss.





SPRAY WITH PAN SPRAY

Next time you order a panini, egg dish, or burger, ask to have the kitchen use pan spray as opposed to oil or butter. Using "just a little" bit of regular olive oil in the pan can add 120 calories. By spritzing, the oil is well spread out, requiring you to use way less.





TOAST INSTEAD OF CINNAMON ROLLS

When you're trying to cozy up to something comforting, try cinnamon raisin toast as opposed to traditional cinnamon rolls. And then add some cream cheese to make up for your icing to save an abominable 650 calories.





RED RATHER THAN WHITE

When it comes to sauces, stick to red. White sauces tend to be loaded with cream, butter, cheese, and inflammatory oils. Reds, on the other hand, are filled with vegetables, and often have fewer calories and sugar compared to their white competitors. A cup of white sauce = 262 calories / 17 grams of fat, while a cup of red sauce = 160 calories/ 4 grams fat.





VEGGIES OVER CHIPS

Craving crunchy chips and dip? Skip the fried tortillas and cut up some vegetables instead to load up on fiber and slow down your consumption. Low in calories, and just as crunchy — sliced bell peppers, celery sticks, and sweet baby carrots are sure to do the trick.





SWAP YOUR DRESSINGS

Dressings can be a dietary trap. Without even knowing it you can add an extra 150 calories to your salad, which was supposed to be your healthy low-cal meal. Remember that 1 tablespoon of olive oil is 120 calories, so use that sparingly. Find high taste dressings without the extra calories.





BROILED, GRILLED, POACHED OR BAKED OVER FRIED

Say no to anything labeled "creamy," "breaded," "stuffed," and "crispy." Instead, try anything broiled, grilled, poached, and baked. You can transform almost all of your favorite comfort foods into healthier alternatives by switching up the way you cook your food.





THIN CRUST VS HAND TOSSED

If you do cave into your pizza cravings, go for a thin crust. Domino's thin crust pizza is 490 calories vs 820 calories for hand-tossed (for small pizza). And for extra flavor pizzaz - add in extra veggie toppings such as peppers, spinach, mushrooms, and onions!





BE CHOOSY WHEN PICKING OATMEAL

Oatmeal is a solid choice to start your day with, but not when you're spooning starch that's loaded with sugar.

Go for plain oats that list just one ingredient: whole grain rolled oats. Then add your own toppings such as fresh berries, bananas, or granola.





BE CHOOSY WHEN PICKING YOUR PROTEIN BAR

When you're looking to refuel on the fly, nothing's worse than biting into a caloric post-workout snack and undoing all those floors you climbed on the Stairmaster. Satisfy your cocoa cravings and satiate a rumbling tummy with a high protein, low carbohydrate protein bar. Be choosy when picking!





TRY POWDERED PEANUT BUTTER

In the mood to have a chocolate peanut butter shake? Rather than fretting the nearly 200-calorie per two-tablespoon serving, try stirring some powdered peanut butter. The powder achieves its slimming nutrition panel by roasting and pressing the peanuts to remove 85 percent of the fat and calories. Save 145 calories!





MAKING HAPPY HOUR EVEN HAPPIER

Hit up the restaurant chain for just two margaritas and you'll ingest over 600 calories! If you opt for a glass of merlot, not only will the choice help you cinch your waistline by saving cals, you'll also benefit from the vino's many benefits including longevity and reduced risk of heart disease!





DIG INTO A HEALTHIER FROZEN DINNER

Frozen dinners are not created equally. When choosing a pre-packaged meal, look at protein, carbohydrates, and overall calories or better yet...meal-prep and create your own creations!





INSTEAD OF MIXED NUTS EAT TRAIL MIX

Two handfuls of nuts are heart-healthy but calorie-heavy. Downsize the 2 handfuls of nuts to 1 (about $\frac{3}{4}$ oz.), and add a handful of air-popped popcorn and whole-grain cereal, such as Chex. There are 400 calories in a half cup of nuts — so portion carefully.





FROZEN GRAPES INSTEAD OF CANDY

Frozen grapes are the best snack ever! Especially in the summer. They're super refreshing, incredibly healthy, low-calorie, and SO easy. You actually don't have to do anything except put them in the freezer. And they kind of taste like frozen candy. It's just INCREDIBLE!!





SALTED CARAMEL FRAPPE PROTEIN VERSION

Get your protein in and save 100's of calories by adding a chocolate protein shake with sugar-free caramel syrup to your coffee! Top with a little bit of whipped cream.





SUBSTITUTE HUMMUS FOR A "HEAVENLY" DIP

Hummus served with fresh fruit or veggies is much lighter than ice cream or a sour-cream dip, plus it packs plant-based, gluten-free fiber into each bite! Hummus (as chickpeas as the main ingredient) is so versatile and can be mixed with ingredients such as garlic, coconut curry, red velvet, and even chocolate mint - just to name a few!





SEND US YOUR OWN HEALTHY FOOD SWAPS!

We would absolutely LOVE to hear from you!
We are constantly creating new content and adding to
what we have already offered.

Send us your ideas on healthy food swaps!

Email: hello@procarenow.com



Resources



Eat This, Not That (2020). 40 Food Swaps That Cut Thousands of Calories. Accessed 3/31/21: <https://www.eatthis.com/food-swaps-cut-calories/>

Very Well Fit (2021). 25 Simple Food Swaps That Will Boost Your Health. Accessed 3/31/21: <https://www.verywellfit.com/healthy-food-swaps-4582429>

Real Simple (2021). 14 Healthy Food Swaps That Taste So Good. Accessed 3/31/21: <https://www.realsimple.com/health/nutrition-diet/healthy-food-swaps>

Buzzfeed (2021). 26 Food Swaps To Make You Healthier. Accessed 3/31/21: [.https://www.BuzzFeed.com/emofly/food-swaps-for-healthier-snacking](https://www.BuzzFeed.com/emofly/food-swaps-for-healthier-snacking)

Explore Health (2021). Is Hummus Healthy? Here's What a Nutritionist Wants You to Know. Accessed 4/2/21: <https://www.health.com/nutrition/is-hummus-healthy>

