

# Food Swaps & Kitchen Staples For Weight Loss

## **Peanut butter**

- The only ingredient should be “peanuts”
- Look for unsalted to decrease fluid retention and help with weight loss!
- Trader Joe’s, Wegman’s, Smucker’s, and Teddie are great brands

## **Greek yogurt**

- Look for plain, fat free
- This option will be high in protein and low in sugar
- This can be used as sour cream or mayo replacement, or in baking
- To flavor, add in fresh/frozen fruit, extracts, and spices like cinnamon

## **Cottage cheese**

- Another favorite high protein option
- This can be used as sour cream or cream cheese!
- It is good to look for a low fat, low sodium option

## **What to sub for white pasta**

- Chickpea pasta (banza)
- Lentil pasta
- Black bean pasta
- Spiralized vegetables

## **What to sub for white bread**

- Whole wheat options are best because they have more protein, fiber, and nutrients
- Look at the ingredients. Whole wheat should be the first ingredient!
- Look for brands with a 7:1 carb to fiber ratio or less
  - Divide carbs by fiber. If the number is 7 or less, it’s a great choice!
- Look for lower calorie options
  - Bagel thins
  - Joseph’s flax pita/lavash
  - Flat-out wraps
  - Skip the sandwich wraps
  - Dave’s killer bread thin sliced
  - Sandwich thins
  - Sara Lee light wheat bread
  - Light wheat English muffins

## What to sub for white rice

- White rice is white because it has been stripped of the bran and germ
- Brown rice has more fiber, protein, and nutrients
- Banza chickpea rice
- Right rice
- Riced vegetables (green giant has several frozen options)

## Condiments

- Calories and sugar from condiments can add up!
- Look for sugar free options
- Some great brands:
  - G Hughes
  - Primal kitchen
- Check store brands for sugar free options, too!
- Dressing
  - Bolthouse farms
  - Balsamic vinegar
  - Salsa
- Trader joe's has so many low calorie options!
  - Reduced guilt guacamole
  - Avocado tzatziki dip
  - Fresh dressings – green goddess is only 20 calories!

## Sweets

- Sweeteners
  - Stevia
  - Swerve
  - Monk fruit
- Ice cream
  - Yasso bars or enlightened bars
  - Halo top
  - Breyer's delights
- Baked goods
  - Garden of eatin' muffins
  - Vita tops muffins
  - Simple Mills baking goods
- Chocolate
  - Dark chocolate
  - Lilly's brand has no added sugar