

# Healthy Exchanges

We know not everyone has the same taste buds, so we've created a Healthy Exchange resource to help you choose the foods you like and work them into your program. All of the foods listed in the Healthy Exchange options are approximately 100 calories.



OPTAVIA™

Fruit	
Food	Amount
Fresh whole fruit (apple, pear, orange)	1 small (4 oz.)
Chopped fresh fruit	½ cup
Canned fruit (no sugar added)	½ cup
100% fruit juice	½ cup (4 oz.)
Dried fruit	2 Tbsp
Tangerines or plums	2 small
Grapes	17 small
Cherries	12
Berries	¾ cup
Goji berries (dried, unsweetened)	1 oz.
Dates	3
Kiwi	1
Melon (cantaloupe, honeydew, watermelon)	1 cup cubed
Banana	½ large (4 oz.)

## Tips:

- Consume fruit with the skin on for extra fiber.
- When choosing canned fruit, select those packed in water or 100% fruit juice instead of syrup.
- Limit dried fruit, which is higher in calories and can have added sugar.
- Choose whole fruit instead of fruit juices for fiber, increased satiety, and less sugar.

Dairy	
Food	Amount
Fat-free or low-fat milk	1 cup (8 oz.)
Milk substitute (soy, rice, almond, cashew)	1 cup (8 oz.)
Evaporated milk	½ cup (4 oz.)
Nonfat or low-fat yogurt (including Greek)	⅔ cup (6 oz.)
Kefir	1 cup (8 oz.)

## Tips:

- Select plain or no-sugar-added yogurt to control calories.
- Choose plain kefir to avoid added sugar. Blend with fresh fruit instead for a protein- and fiber-rich beverage.
- Choose unsweetened milk substitutes for fewer calories and less sugar.
- If you usually drink whole milk, switch gradually to fat-free milk. Try reduced fat (2%), and then transition to low-fat (1%) or fat-free (skim) milk.
- If you drink cappuccinos or lattes – ask for them with fat-free (skim) milk.
- Add fat-free or low-fat milk instead of water to oatmeal and hot cereals.
- Use fat-free or low-fat milk when making cream-based dishes.
- Use plain Greek yogurt instead of mayonnaise or sour cream for added protein and less calories.



## Protein

Type	Amount
Lean beef: select or choice grades trimmed of fat: ground round, roast (chuck, rib, rump), round, sirloin, steak (cubed, flank, porterhouse, T-bone), tenderloin	2 oz.
Beef jerky*	1 oz.
Beef: corned beef, ground beef, meatloaf, Prime grades trimmed of fat, short ribs, tongue	1 oz.
Cheese with 3g of fat or fewer per oz.	2 oz.
Cheese with 4-7g of fat per ounce	1 oz.
Eggs	1
Low-fat cottage cheese	½ cup
Egg substitute	½ cup
Egg whites	4
Fish, fresh or frozen: catfish, cod, flounder, haddock, halibut, orange roughy, salmon, tilapia, trout, tuna	2 oz.
Shellfish: clams, crab, imitation shellfish, lobster, scallops, shrimp	2 oz.
Fish, smoked: herring or salmon (lox)*	1 oz.
Game: buffalo, ostrich, rabbit, venison	2 oz.
Lamb: chop, leg, or roast	2 oz.
Oysters	12 medium
Canadian Bacon*	2 oz.
Poultry, without skin: chicken, Cornish hen, domestic duck or goose, turkey	2 oz.
Low-sodium deli meats	2 oz.
Canned tuna, salmon, or sardines in water	2 oz.
Sausage with 3g of fat or fewer*	2 oz.
Veal: loin, chop, roast	1 oz.
Meatless burger	1 patty
Tofu	4 oz.
Tempeh	¼ cup
Seitan	2 oz.
Hummus	¼ cup

### \*High in Sodium

#### Tips:

- Choose the leanest cuts of beef, such as round steaks and roasts (eye of round, top round, bottom round, round tip), top loin, top sirloin, and chuck shoulder and arm roasts.
- Select the leanest pork choices, such as pork loin, tenderloin, center loin, and ham.
- Choose extra lean ground beef that is labeled at least 90% lean.
- Buy skinless poultry, or remove the skin before cooking. Choose skinless chicken breast and turkey cutlets for the leanest options.
- Choose low-sodium lean turkey, roast beef, or ham for sandwiches instead of processed deli meats such as bologna or salami.
- Trim away all of the visible fat from meats and poultry before cooking.
- Skip breading on meat, poultry, or fish.
- Include fatty fish (salmon, mackerel, herring, lake trout, sardines and albacore tuna) at least two times a week for heart-healthy omega-3 fatty acids.



## Starch

Food	Amount
Bread	1 slice
Reduced-calorie bread	2 slices
Pita, 6 inches in diameter	½
Tortilla, 6 inches in diameter	1
Naan, 8 inches by 2 inches	¼
Roti/chapatti	1 small, 6 inches
Matzoh	1 piece
English muffin, hamburger or hot dog bun	½
Mini bagel	1
Hot cereal, cooked (oatmeal, cream of wheat)	½ cup
Oat bran	¼ cup
Wheat germ	3 Tbsp
Ready-to-eat, unsweetened cereal	¾ cup
Sweetened cereal	½ cup
Granola or muesli (low-fat or regular)	¼ cup
Bulgur, wheat bran	½ cup
Cooked barley, freekeh, farro, couscous, millet, pasta, polenta, quinoa, white or brown rice, amaranth	½ cup
Soba noodles	1 oz.
Starchy vegetables (corn, peas, potatoes, parsnips, succotash, yams)	½ cup
Winter squash (acorn, butternut, pumpkin)	1 cup
Beans and lentils (mung beans, pinto beans, black beans)	½ cup, cooked
Adzuki beans	⅓ cup, cooked
Baked potato (all varieties)	½ medium (3 oz.)
Pretzels	¾ oz.
Air-popped popcorn	3 cups
Crackers	6
Rice cakes	2
Baked chips (potato, tortilla, pita)	15 (¾ oz.)
Hominy, canned	¾ cup

### Tips:

- Substitute a whole-grain product for a refined product such as whole-wheat bread instead of white, brown rice instead of white, whole wheat pasta instead of white, etc.
- Try sweet potatoes with the skin on instead of white potatoes for more nutrients. They can be cooked in the microwave in minutes.
- Choose beans and lentils for extra protein and fiber. Soak dried ones overnight to reduce cooking time. If you're choosing canned, be sure to rinse through a colander to remove excess sodium.
- Experiment by substituting whole-wheat or oat flour for up to half of the flour in pancakes, waffles, muffins, or other flour-based recipes.
- Use whole-grain bread or cracker crumbs instead of white bread crumbs.
- Try rolled oats or a crushed, unsweetened, whole-grain cereal as breading for baked chicken, fish, veal cutlets, or eggplant parmesan.
- Try an unsweetened, whole-grain, ready-to-eat cereal as croutons in salad or in place of crackers with soup.
- Foods labeled with the words "multi-grain," "stone-ground," "100% wheat," "cracked wheat," "seven-grain," or "bran" are not always whole-grain products.
- Color is not an indication of a whole grain. Bread can be brown because of molasses or other added ingredients. Read the ingredient list to see if it is a whole grain.
- Use the Nutrition Facts label, and choose whole-grain products with a higher % Daily Value (% DV) for fiber. Many, but not all, whole-grain products are good or excellent sources of fiber.
- Read the food label's ingredient list. Look for products without added sugars (such as sucrose, high-fructose corn syrup, honey, malt syrup, maple syrup, molasses, or raw sugar) that add extra calories.
- Look for 100-calorie sandwich rolls, often labeled "rounds," "flats," or "thins."



Fats	
Food	Amount
Oil, any type	2 tsp
Nut butter	1 Tbsp
Almonds	12
Cashews	12
Peanuts	20
Pistachios	32
Salad dressing	1-2 Tbsp
Butter or margarine	2 tsp
Avocado	4 Tbsp (2 oz.)
Olives	16-20 large
Tahini	1 Tbsp
Seeds (sesame, sunflower, flax)	2 Tbsp
Chia seeds	1 Tbsp
Bacon	2 slices, cooked
Light coconut milk	½ cup
Cream cheese	2 Tbsp
Guacamole	¼ cup
Pesto	1½ Tbsp
Baba ghanouj	2 Tbsp
Ghee	2 tsp

### Tips:

- Use small amounts of fats, which provide essential nutrients.
- Choose oils over solid fats. All fats and oils are a mixture of saturated fatty acids and unsaturated fatty acids. Solid fats contain more saturated fats and/or trans fats than oils. Saturated fats, trans fats, and cholesterol tend to raise LDL (bad) cholesterol levels in the blood, which increases the risk for heart disease.
- Select mostly polyunsaturated (PUFA) or monounsaturated (MUFA) fats. Oils are the major source of MUFAs and PUFAs in the diet. PUFAs contain essential fatty acids, so named because they are necessary for health.
- Include nuts, seeds, nut butters, tahini, olives and avocados, which provide protein and/or fiber, so they may be more satiating.



## Non-starchy Vegetables

In addition to your Healthy Exchange options, you can add the following Free Foods to your meals :

Food	Amount
Artichoke hearts, asparagus, baby corn, bean sprouts, beans (green, wax Italian), beets, broccoli, Brussels sprouts, cabbage (green, bok choy, Chinese), carrots, cauliflower, celery, chayote, cucumber, daikon, eggplant, leafy greens (Collard, kale, mustard, turnip), hearts of palm, jicama, kohlrabi, leeks, mixed vegetables (without corn, peas, or pasta), mung bean sprouts, mushrooms (all kinds), okra, onions, peppers (all varieties), radishes, rutabaga, salad greens (chicory, endive, escarole, lettuce, romaine, arugula, radicchio, watercress, etc.), sauerkraut*, spinach, squash (summer, crookneck, zucchini), sugar snap peas, Swiss chard, tomatoes, tomato/vegetable juice*, turnips, water chestnuts	½ cup cooked vegetables or vegetable juice 1 cup raw vegetables

**\*May be high in sodium**

### Tips:

- If you eat three cups or more of raw vegetables or 1½ cups of cooked non-starchy vegetables in a meal, count them as one Healthy Exchange option.
- Canned vegetables may have added salt. Look for low-sodium or no-salt-added varieties when possible. Drain and rinse canned vegetables to remove excess salt.
- Starchy vegetables such as corn, peas, potatoes, and winter squash have more calories and carbohydrates, so they are listed on the Starch List.
- Keep washed, cut raw vegetables such as carrots, cucumber, broccoli, radishes, celery, bell peppers, and cherry tomatoes on hand regularly.
- Add chopped or pureed vegetables to sauces, soups, stews, and casseroles.
- Incorporate raw or lightly cooked vegetables, such as spinach, tomatoes, and onions, into sandwiches, omelets, stir fries, and pasta or rice dishes.
- Aim to fill half of your plate with non-starchy vegetables at meals. They are low in calories and provide a great source of fiber, vitamins, and minerals.



# Free Choice items only

## Alcohol

Beverage	Amount
Beer	8 fl. oz.
Light beer	12 fl. oz.
Distilled spirits: vodka, rum, gin, whiskey 80 or 86 proof	1½ fl. oz.
Sake	2 fl. oz.
Wine: dry, red or white	5 fl. oz.
Wine: dessert (sherry)	3½ fl. oz.

### Tips:

- If you choose to drink alcohol, keep in mind that it contributes extra, unnecessary calories, may stimulate the appetite, and may lead to dehydration. Alcohol does not offer any nutritional value.
- Choose a distilled spirit and zero-calorie chaser (for example, rum and Diet Coke®, vodka and Diet Sprite® or Sprite Zero®, gin and diet tonic, etc.) which will not add carbohydrates.
- Avoid mixed drinks such as margaritas, daiquiris, etc. which are high in calories and sugar.
- Drink a glass of water in between every alcoholic beverage.
- Always drink alcohol with food and do not skip meals to make up for liquid calories.

## Sweets and Desserts

Food	Amount
Chocolate "Hershey Kisses"	4 pieces
Muffin	¼ (1 oz.)
Low-fat ice cream	½ cup
Frosted cake	1 inch square
Chocolate chip cookie	1 (2 ¼ inches across)
Fat-free pudding	4 oz.
Angel food cake	1/12 of cake (about 2 oz.)
Brownie	1 inch square (about 1 oz.)
Gingersnap cookie	3 cookies
Vanilla wafer	4 cookies
Mini ice cream sandwich	1
Fun-size candy bar	1
Licorice twists	3 pieces
Fruit snacks	1 oz.
Fruit leather	2 strips
Dark chocolate (at least 70% dark)	1 square (14 grams)
Unsweetened cacao nibs	1 oz.

### Tips:

- Limit the consumption of sweets and desserts, as they provide calories without offering nutritional value.
- Indulge in sweets and desserts after consuming a balanced meal to help keep blood sugar stable.
- Keep in mind that sweets and desserts may increase cravings and lead to overeating.

## OPTAVIA™ Fuelings

Food	Amount
OPTAVIA™ Fuelings	1

