



EmpowerD Coaching Food Swap

PROTEIN

SwApS

These protein sources can be used interchangeably in most meals. Adjust servings as needed to match your recipes or meal plan.

- Whole eggs, 3 large
- Egg whites, 6 whites or 1 cup
- Skinless, boneless chicken breast, 4 oz.
- Turkey breast, 4 oz.
- Ground meat (turkey, beef, pork, 96-98% fat-free) 3 oz.
- Protein powder, 1 scoop
- Tofu, 4 oz.
- Low-fat Greek yogurt, 3/4 cup or 6.5 oz.
- Low-fat cottage cheese, 3/4 cup
- Low-fat milk, 1 cup

- Tuna fish, 5 oz . can
- Pork or ham, 4 oz.
- Fresh fish (halibut, salmon, cod, tilapia), 4 oz.
- Canned fish (sardines, herring, mackerel) 4 oz.
- Shrimp or shellfish, 4 oz.
- Shellfish (fresh, canned, or smoked), 4 oz.
- Turkey bacon, 4 slices

Print and place this around the kitchen for easy substitution ideas.

FAT

SwApS

These fat sources can be used interchangeably in most meals. Adjust servings as needed to match your recipes or meal plan.

- Avocados, 1/2 medium
- Peanuts, almonds and other nuts, 1 oz.
- Seeds (sunflower, chia, sesame, hemp), 1/4 cup
- Nut and seed butter, 1 1/2 tbsp
- Olives, 1/2 cup
- Olive or canola oil, 1 tbsp
- Hummus, 1/2 cup
- Cheese (all varieties), 1/4 cup shredded

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VEGETABLE

SwApS

These vegetables can be used interchangeably in most meals. Adjust servings as needed to match your recipes or meal plan.

- Spinach, kale, arugula or other greens, 1 cup
- Lettuce (all varieties), 1 cup
- Broccoli, 1 cup chopped
- Asparagus, 8 large spears
- Cauliflower, 1 cup chopped
- Carrots 1/2 cup chopped
- Lettuce, 1 cup
- Mushrooms, 1 cup
- Brussels sprouts, 1 cup chopped
- Tomatoes, 1 cup chopped
- Cherry tomatoes, 1 cup
- Eggplant, 1 cup chopped
- Green beans, 1 cup
- Beets, 1/2 cup chopped
- Cucumbers, 1 cup sliced
- Onions or leeks, 1/2 cup
- Radishes, 1 cup chopped
- Celery, 1 cup sliced
- Bell Pepper, 1 cup chopped
- Artichoke, 1/2 cup chopped
- Zucchini, 1 cup sliced

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FRUIT

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These fruits can be used interchangeably in most meals. Adjust servings as needed to match your recipes or meal plan.

- Berries (blueberry, blackberry, raspberry, strawberry), 1 cup
- Apple, 1 medium
- Banana, 1 medium
- Cantaloupe or honeydew melon, 1 cup chopped
- Cherries, 1 cup
- Raisins or other dried fruit, 1/4 cup
- Grapes, 1 cup
- Grapefruit, 1 cup chopped or 1 medium
- Kiwifruit, 1 medium
- Mango, 1 cup medium
- Orange, 1 medium
- Papaya, 1 cup
- Peach, 1 medium
- Pear, 1 medium
- Pineapple, 1 cup chopped
- Pomegranate, 1 small
- Watermelon, 1 cup chopped
- Passion fruit, 3 medium
- Tangerine, 2 small
- Apricot, 2 medium

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CARB

SwApS

These carbohydrate sources can be used interchangeably in most meals. Adjust servings as needed to match your recipes or meal plan.

- Rice (all varieties), 1/2 cup cooked
- Whole grains (all varieties), 1/2 cup cooked
- Potatoes (all varieties), 1/2 cup chopped
- Sweet potatoes or yams 1/2 cup chopped
- Beans (kidney, black, white, lima, garbanzo, fava) 1/2 cup, drained
- Peas, 1 cup
- Squash, 1/2 cup chopped
- Lentils, 1/2 cup cooked
- Squash, 1/2 cup chopped
- Corn, 1/2 cup cooked
- Whole grain bread, 1 slice
- Oatmeal, 1/2 cup cooked
- Whole wheat pasta, 1/2 cup cooked
- Rice cakes, 2 cakes
- Parsnips, 1/2 sliced

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