



Food Swap Cheat Sheet

100 Nutrient-Dense
Alternatives to Improve Your
Daily Nutrition

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100 Nutrient-Dense Alternatives to Improve Your Daily Nutrition

- Swap white bread for whole grain or Ezekiel bread.
- Choose Greek yogurt instead of regular yogurt for added protein.
- Opt for lean ground turkey instead of ground beef.
- Use cauliflower rice instead of white rice for lower carbs.
- Select quinoa or brown rice instead of white rice.
- Replace sugary cereals with oatmeal or bran flakes.
- Choose almond or skim milk over whole milk.
- Select natural peanut butter without added sugars.
- Swap regular pasta for whole wheat or chickpea pasta.
- Pick sweet potatoes over white potatoes for added nutrients.
- Choose lean cuts of chicken (like chicken breast) instead of fatty cuts.
- Use olive oil or avocado oil instead of vegetable oil for cooking.
- Select air-popped popcorn instead of buttered popcorn.
- Opt for fresh fruit instead of fruit juices for added fiber.
- Choose unsweetened almond milk instead of sweetened varieties.
- Replace sugary energy drinks with black coffee or green tea.
- Choose low-fat or fat-free cottage cheese over full-fat versions.
- Use lettuce wraps instead of tortillas for a lower-carb option.
- Select wild-caught salmon instead of farm-raised for omega-3s.
- Swap regular mayo for Greek yogurt-based mayo.
- Choose whole fruits over fruit-flavored snacks.
- Replace sugary soda with sparkling water or infused water.
- Opt for whole eggs instead of just egg whites for added nutrients.
- Choose brown rice cakes instead of white rice cakes.
- Select natural, unsweetened applesauce over sugary versions.
- Use zucchini noodles (zoodles) instead of regular pasta.
- Choose turkey or veggie burgers instead of traditional beef burgers.
- Opt for low-fat or fat-free cheese instead of full-fat cheese.
- Replace processed protein bars with whole food options like nuts or seeds.
- Choose unsweetened coconut or almond milk yogurt instead of flavored yogurts.

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- Select whole-grain tortillas instead of white flour tortillas.
- Swap regular ice cream for frozen yogurt or homemade fruit sorbet.
- Choose herbal tea instead of sugary iced tea.
- Opt for oven-baked sweet potato fries instead of regular fries.
- Select low-sodium or homemade salsa instead of high-sodium dips.
- Replace white sugar with natural sweeteners like honey or maple syrup.
- Choose lean cuts of beef (such as sirloin) instead of fattier cuts.
- Use hummus as a dip instead of creamy dressings.
- Opt for whole-grain crackers instead of traditional white crackers.
- Select air-fried or baked chicken wings instead of deep-fried.
- Choose non-fat or low-fat Greek yogurt for added protein.
- Replace sugary cereals with bran flakes or oatmeal.
- Opt for homemade trail mix with nuts and dried fruit instead of candy bars.
- Choose balsamic vinegar and olive oil for salad dressing instead of creamy dressings.
- Swap regular bacon for turkey bacon or lean Canadian bacon.
- Use cauliflower mash instead of traditional mashed potatoes.
- Choose herbal teas instead of sugary coffee drinks.
- Replace store-bought granola with homemade granola using oats and nuts.
- Opt for whole fruit instead of fruit-flavored snacks.
- Choose baked or roasted sweet potato fries instead of deep-fried
- wap regular pancakes for protein pancakes made with whey or plant-based protein powder.
- Choose whole, unprocessed almonds over salted and roasted nuts.
- Replace store-bought salad dressing with a simple olive oil and lemon juice combination.
- Opt for unsweetened almond milk in coffee instead of flavored coffee creamers.
- Choose whole apples instead of applesauce for added fiber.
- Use spaghetti squash or spiralized veggies instead of traditional pasta.
- Select grass-fed beef over conventionally raised beef for higher omega-3 content.
- Choose low-fat or fat-free milk instead of whole milk for reduced fat content.
- Swap regular chocolate for dark chocolate with higher cocoa content.
- Opt for turkey or chicken sausage instead of pork sausage for lower fat content..

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- Choose rolled oats instead of flavored instant oatmeal packets.
- Replace white potatoes with mashed cauliflower for a lower-carb alternative.
- Select whole-grain English muffins instead of white ones.
- Choose whole oranges over orange juice for added fiber.
- Replace store-bought smoothies with homemade versions using fresh fruits and veggies.
- Opt for natural, unsweetened nut butter over flavored varieties.
- Choose whole-grain crackers with hummus instead of processed cheese and crackers.
- Select grass-fed or omega-3 enriched eggs for added nutrients.
- Swap traditional pizza crust for a cauliflower crust or whole grain crust.
- Choose unsweetened coconut water over sugary sports drinks.
- Replace sugary cereals with a mix of nuts, seeds, and a small amount of dried fruit.
- Opt for lean cuts of pork, such as pork loin, instead of fattier cuts.
- Choose whole-grain couscous instead of white couscous.
- Replace traditional nachos with baked sweet potato nachos.
- Select plain, non-fat Greek yogurt and add your own fresh fruit for sweetness.
- Choose natural, unflavored protein powder over flavored options.
- Swap traditional white flour tortillas for whole-grain or spinach tortillas.
- Opt for homemade vegetable chips over store-bought potato chips.
- Choose lean ground chicken instead of ground beef for a lower-fat option.
- Replace store-bought granola bars with homemade ones using oats, nuts, and seeds.
- Opt for brown rice or cauliflower rice in sushi rolls instead of white rice.
- Choose whole avocados instead of processed guacamole with added ingredients.
- Swap store-bought muffins for homemade ones using whole wheat flour and less sugar.
- Replace sugary breakfast cereals with a bowl of mixed berries and Greek yogurt.
- Choose whole-grain pita bread instead of white pita bread.
- Opt for natural salsa with fresh ingredients instead of jarred versions.
- Select lean turkey or veggie deli slices instead of processed meats.
- Choose unsweetened coconut or almond milk in smoothies instead of fruit juices.
- Replace creamy soups with broth-based ones for fewer calories.
- Swap traditional macaroni and cheese with a cauliflower or butternut squash-based version.

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Opt for whole grain or brown rice tortillas instead of white ones.

Choose roasted chickpeas or nuts as a crunchy snack instead of chips.

Replace regular sodas with sparkling water with a splash of natural fruit juice.

Select whole-grain English muffins or wraps for breakfast sandwiches.

Choose whole-grain cereal with low sugar content instead of sugary cereals.

Swap store-bought salad croutons for toasted nuts or seeds.

Opt for unsweetened coconut flakes over sweetened varieties for a snack or topping.

Replace fried chicken with grilled or baked chicken for lower fat content.

Choose whole-grain rice cakes with nut butter instead of sugary spreads.

Swap traditional coleslaw with a vinegar-based slaw for fewer calories.

Learning how to navigate your nutrition while trying to reach your fitness goals can be tough.

You probably need help implementing a strategy that works. Book a coaching call with me and I will answer all of your questions!

BOOK NOW



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