

SMART SWAPS AND SUBSTITUTIONS TO INCREASE FIBER WHEN EATING AWAY FROM HOME

BREAKFAST:

SUBSTITUTE THIS	FOR THIS
Fruit cup or sliced tomato	Home fried potatoes or hash browns
Half grapefruit or citrus sections	Orange juice or grapefruit juice
Whole wheat toast or seeded rye toast	White bread toast, English muffin or biscuit
Oatmeal with fruit or quinoa porridge	Cream of wheat or grits
Pancakes or waffles with berries or bananas	Pancakes or waffles with syrup or whipped cream
Bran muffin or corn muffin	Donut or pastry
Vegetable omelet or burrito	Ham or sausage omelet or burrito
Fruit and yogurt parfait with granola	Fruit smoothie
Avocado on toast or bagel	Cream cheese on toast or bagel
Huevos Rancheros (eggs, beans, salsa, tortilla)	Eggs Benedict

LUNCH:

SUBSTITUTE THIS	FOR THIS
Cole slaw or apple slices	French fries or potato chips
Whole wheat bread, roll or wrap	White bread, roll or wrap
Black bean, lentil, or split pea soup	Chicken noodle, chicken rice or matzo ball soup
Minestrone or mushroom barley soup	Cream of potato, broccoli or mushroom soup
Salad topped with nuts, beans or seeds	Salad topped with croutons, bacon bits or cheese
Extra lettuce, tomato, onions or peppers on a burger or sandwich	Extra cheese or meat on a burger or sandwich
Brown rice with Chinese food or in sushi	White rice with Chinese food or in sushi
Salsa or guacamole with corn chips	Queso dip or nacho cheese with corn chips
Double vegetables with entree	White rice or mashed potato with entree
Baked potato topped with salsa or chili	Mashed potatoes with gravy
Peppers, onions or broccoli on pizza	Sausage, pepperoni or meatballs on pizza
Roasted asparagus or Brussel sprouts appetizer	Fried zucchini or onion blossom appetizer
Corn on the cob or baked beans side order	Fried onion rings or macaroni and cheese
Meatless bean or veggie burger	Beef or turkey burger
Beans and rice side dish	Biscuits and gravy side dish

SNACKS:

SUBSTITUTE THIS	FOR THIS
Popcorn, trail mix, or nut and seed packs	Potato chips, cheese crackers, or pretzels
Granola bar or fig-filled cookies	Candy bar or sandwich cookies
Freeze-dried fruits or dried fruit	Fruit roll-up or gummy fruit
Hummus or guacamole with vegetables	Cheese dip or spread with crackers
High-fiber bars, brownies, or snack cakes	Regular cookies, brownies, or snack cakes
Whole fruit or non-browning apple slices	Fruit cups or applesauce

Calorie Control Council