



FOOD SWAP OPTIONS

PROTEIN

Salmon
Flounder
Halibut
Haddock
Cod
Tuna
Shrimp
Eggs
Chicken
Beef
Turkey
Pork
Soy/Tofu
Edamame

NON-STARCHY VEGETABLES

Artichokes
Asparagus
Beets
Bok Choy
Broccoli
Brussels Sprouts
Cabbage
Cauliflower
Celery
Cucumber
Fresh Herbs
Kale
Leeks
Eggplant
Bell Peppers
Lettuce
Mushrooms
String Beans
Onion
Carrots
Zucchini
Yellow Squash
Garlic
Leafy Greens
Turnips
Tomato
Radish
Snap Peas
Scallions
Shallots

FRUIT

Apples
Berries
Pears
Cantaloupe
Honeydew
Banana
Grapes
Grapefruit
Cherries
Kiwi
Clementine
Orange

STARCHY VEGETABLES

Sweet Potato
White Potato
Parsnips
Peas
Butternut Squash
Acorn Squash
Yams

BEANS / LEGUMES

Chickpea
Lentils
Black Beans
Cannellini Beans
Black-Eyed Peas
Great Northern
Lima Beans
Pinto Beans
Fava Beans
Navy Beans
Mung Beans

FATS

Avocado
Sun Butter
Nut Butter
Raw Nuts
Pumpkin Seeds
Chia Seeds
Sunflower Seeds
Olives
Avocado Oil
Olive Oil

GRAINS

Quinoa
Brown Rice
Pasta
Amaranth
Ezekiel Bread
Gluten-Free Bread
Sourdough
Rye Bread
Steel-Cut Oats

NON-DAIRY MILK/YOGURT

Almond
Cashew
Coconut
Rice