
FOOD SUBSTITUTIONS TO SAVE CALORIES

Even foods with lots of health benefits, such as those loaded with vitamins, fiber, or healthy fats, can have more calories than you might expect or want. To cut calories while still getting the nutrition you need, consider these possible substitutions.

FOOD CHOICE	INTENDED BENEFIT	SUBSTITUTE	CALORIES SAVED
Granola, 1 cup	High in fiber	Cheerios or Total, 1 cup	140–490
Salmon, 3 ounces	High in omega-3 fatty acids	Halibut, 3 ounces	50–70
Cappuccino made with fat-free milk, 8 ounces	Caffeine	Regular coffee with fat-free milk, 8 ounces	50
Banana, 1 medium	High in potassium	2 tomatoes	60
Sugar-free ice cream, 1 cup	High in calcium	Fat-free, artificially sweetened yogurt, 1 cup	100
Bagel, 4 ounces	Better than a doughnut	English muffin, 2 ounces	150
Olive oil, 1 tablespoon	Good for cholesterol level	Cooking spray, 3–4 sprays	112
Margarine, 1 teaspoon	Contains healthy fats	Light margarine, 1 teaspoon	15
Avocado, 1	High in monounsaturated fats	Almonds, 12	140–190
Baked chips, 1 ounce (11–12 chips)	Better than fried	Air-popped popcorn, 3 cups	30

Diabetes Self-Management, “Calories: The Key to Weight Control” by Laurie Block, M.S., R.D., C.D.E.

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