

LAB A11-3 (continued)**Switch From****Switch To***Meat, Poultry, Seafood*

Hamburger, meatloaf	Ground turkey breast, veggie burger
T-bone, rib eye, prime rib, etc.	Round steak, sirloin
Pork chops, ribs	Pork tenderloin
Regular hot dog, bologna, sausage, etc.	Fat-free or low-fat hot dog, bologna, sausage, etc.
Poultry with skin	Skinless poultry
Fried chicken or fish	Broiled, grilled, or roasted chicken or fish
Chicken thigh, wing	Chicken breast, drumstick

Dairy Products

Whole or 2% fat milk	1% fat or skim milk
Regular cheese	Reduced-fat or low-fat cheese
Regular ice cream	Low-fat or fat-free ice cream or frozen yogurt
Regular cream cheese	Light or fat-free cream cheese

Sweets & Desserts

Cheesecake, cheese danish, croissant, cinnamon roll, brownie, pie, regular or gourmet ice cream, fudge brownie sundae, doughnut, pound cake	Fruit or <i>small</i> serving of a low-fat sweet (muffin, cake, cookie, pie, pastry, ice cream, frozen yogurt, sherbet, sorbet, etc.)
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Snacks

Chocolate bar, sandwich crackers, ice cream, Bugles, popcorn popped in coconut oil	Fruits, vegetables, whole-grain crackers, "light" popcorn, pretzels, baked potato chips, corn chips, rice cakes
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Fast Food

Hamburger, cheeseburger, french fries, pizza, fried chicken, regular milk shake, pot pie, beef taco, beef burrito, taco salad	Grilled chicken sandwich, salad with light dressing, chili, plain baked potato, bean burrito, "light" chicken taco or burrito
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Restaurant Sandwiches

BLT, chicken salad, corned beef, egg salad, grilled cheese, ham, tuna salad	Turkey (sliced), roast beef, grilled vegetables, grilled chicken, hummus
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Dinner Houses

Hamburger, cheeseburger, baby back ribs, chicken fingers, steak fajitas, bacon & cheese grilled chicken sandwich, french fries, loaded potato, onion rings, buffalo wings, fried mozzarella sticks, stuffed potato skins	Grilled chicken or seafood, chicken or vegetable fajitas, Garden-burger, grilled chicken salad with light dressing, pasta with chicken or shrimp or vegetables in any non-cream sauce, baked potato (with a tablespoon of sour cream), vegetable of the day
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Chinese Restaurant Food

Moo shu pork, sweet & sour pork, kung pao chicken, General Tso's chicken, orange (crispy) beef	Stir-fried vegetables, shrimp or chicken with garlic sauce, Hunan or Szechuan shrimp or chicken or tofu
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Italian Restaurant Food

Lasagna, manicotti, eggplant or veal parmigiana, fettuccine Alfredo, fried calamari	Spaghetti with tomato or meat sauce, linguini with red or white clam sauce
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Mexican Restaurant Food

Taco salad, enchilada, beef chimichanga, chile relleno, cheese quesadilla, beef & cheese nachos, beef burrito	Chicken or vegetable fajitas, chicken or bean burrito, chicken taco
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Seafood Restaurant Food

Seafood casserole, any fried seafood, baked stuffed shrimp	Any broiled, grilled, blackened, or steamed seafood
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Restaurant Breakfasts

Belgian waffles, biscuits & gravy, ham & cheese omelette, sausage, egg-pancake-sausage-bacon platter	Hot or cold cereal, scrambled egg substitute, hash browns, ham, pancakes (if they hold the margarine), toast or bagel with preserves or marmalade, fresh fruit or juice
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Condiments

Butter or margarine, sour cream	Whipped light butter, lower-fat tub margarine, fat-free or low-fat sour cream
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