If you have difficulty finding certain items on the Daily Menus, or if there are foods included which you don’t enjoy, refer to the following lists of foods for recommended substitutions. Some brand names are only available in certain geographical areas. Other products may be discontinued.

The list is divided into food categories. Simply locate the item you want to substitute and replace it with another item from the same category. For example, if you’re looking for an alternative for red meat, check the Meats, Poultry, Fish and Cheese category on this list and pick an equivalent option such as chicken or fish.

**VEGETABLES A**
- Alfalfa sprouts
- Cabbage
- Celery
- Chicory
- Chinese cabbage
- Cilantro (coriander)
- Chives
- Cucumbers
- Endive
- Escarole
- Green onions
- Lettuce
- Mushrooms
- Parsley
- Radishes
- Watercress
- Zucchini

**VEGETABLES B**
- Artichoke
- Artichoke hearts (no oil)
- Asparagus
- Bamboo shoots
- Bean sprouts
- Beets
- Broccoli
- Brussel sprouts
- Carrots
- Cauliflower
- Collards
- Eggplant
- Green beans
- Green or red pepper
- Jicama
- Kale
- Leeks
- Okra
- Onions
- Rhubarb
- Rutabaga
- Spaghetti squash
- Spinach
- Summer squash
- Tomatoes
- Turnips
- Water chestnuts
- Wax beans
- Yellow beans

**VEGETABLES C / LEGUMES**
- Avocado
- Chick peas/garbanzo beans
- Corn
- Corn-on-the-cob
- Beans
- Lentils
- Lima beans
- Parsnips
- Peas, fresh or frozen
- Potato, baked or mashed
- Pumpkin
- Squash: winter, acorn or butternut
- Yam or sweet potato
- Cranberry juice cocktail
- Cranberry juice spritzer
- Dates – dried, pitted
- Fig
- Fruit cocktail, canned in water
- Grape juice
- Grapefruit
- Grapefruit juice
- Jam, low-sugar
- Kiwi
- Kumquat
- Lemon juice
- Lemonade – frozen, diluted
- Mango
- Mandarin orange
- Melon
- Mixed fresh fruit
- Nectarine
- Orange
- Orange juice
- Orange juice spritzer
- Papaya
- Passion fruit
- Peaches
- Pears
- Pineapple – fresh or canned
- Pineapple juice, unsweetened
- Plums
- Pomegranate
- Prunes
- Raisins
- Raspberries
- Strawberries
- Tangerine
- Tomato juice, low-sodium
- Watermelon

**FRUITS / FRUIT JUICES**
- Apple
- Apple juice
- Apple juice spritzer
- Applesauce, unsweetened
- Apricots – dried or fresh
- Banana
- Blueberries, unsweetened
- Boysenberries, unsweetened
- Cantaloupe
- Cherries
- Cranberries

**BREADS / CRACKERS**
- Bagel, plain
- Bagel, mini
- Biscuit, baking powder
- Bread:
  - cracked wheat
  - French
  - pita pockets
  - pumpernickel
  - rye
  - sourdough
  - whole wheat
- Breadsticks
- Corn muffins
- Crackers, low- or non-fat, baked:
  - Ak-mak
  - Armenian cracker bread
  - Bremner
  - graham (1 = 2” x 4”)
  - Lavosh
  - matzoh
  - melba toast, wheat/rye
  - rice cakes
  - Ry-Krisp
  - SnackWells
  - soda crackers
  - Wasa Crispbread
  - Wheat Thins
  - Zwieback
- English muffin, whole wheat
- Frankfurter bun
- Hamburger bun
- Popcorn, air-popped
- Pretzels
- Roll, whole wheat
- Tortilla – corn or whole wheat

*High in Potassium

See next page for more substitutions
### Food Variety List (continued)

#### CEREALS

- (>3 g fiber, <3 g sugar and/or 100% RDA)
- All-Bran*, Kellogg's
- All Bran with Extra Fiber*, Kellogg's
- Bran Chex, Ralston
- 40% Bran Flakes, Kellogg's
- Fiber One*, General Mills
- Grape-nuts, Post
- Nutri-Grain, Kellogg's
- Oatmeal Product 19, Kellogg's
- Raisin Bran, Kellogg's
- Shredded Wheat with Bran, Nabisco
- Total, General Mills

*Substitute only with another cereal with comparable grams of fiber.

#### GRAINS / PASTAS

- Barley
- Bran, unprocessed
- Bulgur
- Grits, plain
- Kasha/Kashi
- Matzoh meal
- Pasta
- Rice:
  - brown
  - wild
  - wheat germ

#### MILK PRODUCTS

- Buttermilk
- Evaporated skim milk, canned
- Low-fat – 1% or 2%
- Powdered milk, non-fat dry
- Skim milk
- Soy milk
- Tofu

#### MEATS / POULTRY

- Beef:
  - baby beef, lean
  - eye of round
  - flank steak (stir-fry)
  - sirloin (kabobs, London broil, sirloin steak)
  - tenderloin (filet mignon, filet steak, medallions)
  - top loin (Delmonico or strip steak)
  - top round (London broil)

- Cheeses – low-fat or non-fat:
  - cheddar, reduced- or non-fat
  - cottage cheese, low- or non-fat
  - cream cheese, light or non-fat
  - Laughing Cow, reduced-calorie
  - Monterey Jack, reduced- or non-fat
  - Mozzarella, part-skim
  - Muenster*
  - Neufchatel*
  - Parmesan, grated
  - Provolone*
  - Ricotta, part-skim
  - Swiss, light

- Chicken – white meat, without skin
- Crab meat – canned, frozen or fresh
- Eggs*
- Haddock
- Halibut
- Ham – lean, baked or roasted
- Lamb:
  - chop*
  - roast*

- Lobster – baked or broiled
- Mackerel – fresh or frozen, broiled
- Pork:
  - chop*
  - loin
- Red snapper
- Salmon – fresh, frozen or canned
- Scallops

- Shrimp – fresh, boiled or canned
- Sole, fillet
- Swordfish
- Tofu
- Turkey – ground or turkey breast
- Veal cutlet

*High fat selections should be eaten in moderation.

#### OILS / NUTS / DRESSINGS

- Dressings – low-fat or fat-free
- Hummus
- Margarine* – light, low-calorie, non-trans fat
- Mayonnaise, low-calorie or non-trans fat
- Nuts and seeds:*
  - Almonds, raw
  - Brazil nuts
  - Filberts
  - Macadamia
  - Peanuts
  - Pecans
  - Sesame seeds
  - Sunflower seeds
  - Walnuts

- Oils* – vegetable, corn, olive, peanut, safflower, sesame, soybean, sunflower

- Olives* – black or green
- Peanut butter* – natural, no sugar added

*High fat selections should be eaten in moderation.

#### SNACK FOODS

- Baked corn chips, non-trans-fat
- Cornbread
- FI-BAR, Natural Nectar
- Fig bars, whole wheat, Mother's
- Fruit Boosters, Sunbelt*
- Gingersnaps
- Graham crackers
- Granola bars*

- Muffin (bran, oat, etc.)
- Nutri-Grain bar*, Kellogg's
- Pancake – plain or buttermilk, light Aunt Jemima
- Popcorn, air popped
- Pretzels, unsalted
- Waffle, frozen

*Snack bar guideline: fat <3 g, sugars <13 g, calories <140 calories, fiber >1 g

#### SAUCES

- Barbecue sauce
- Catsup, light
- Horseradish
- Marinara
- Mustard
- Oyster sauce
- Spaghetti sauce – low-fat, low sodium
- Salsa
- Soy sauce, reduced sodium
- Tomato sauce
- Tomato paste
- Taco sauce
- Teriyaki sauce
- Vinegar
- Worcestershire sauce

#### FROZEN DESSERTS

- Frozen yogurt – low-fat or non-fat
- Vitari, all fruit yogurt
- Frozen fruit juice bars
- Ices
- Light ice-creams, low-sugar, low-fat
- Sherbet, 2%
- Sorbets

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The Kansas Hospital Education and Research Foundation of the Kansas Hospital Association has created a series of resources designed to inform and support efforts to promote healthy food and beverage environments in Kansas hospitals. The content of this document is based on information available from the THINK LIGHT! Weight Management/Healthy Eating Program. These resources are funded by the Kansas Health Foundation. For more information, visit the Healthy Kansas Hospitals website at www.HealthyKansasHospitals.org.