



Substitution Guide

Food Variety List

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

FRUITS / FRUIT JUICES

Apple
Apple juice
Apple juice spritzer
Applesauce, unsweetened
Apricots – dried or fresh
Banana
Blueberries, unsweetened
Boysenberries, unsweetened
Cantaloupe*
Cherries
Cranberries

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*, diced

*High in Potassium

BREADS / CRACKERS

Bagel, plain
Bagel, mini
Biscuit, baking powder
Bread:
 cracked wheat
 French
 pita pockets
 pumpnickel
 raisin
 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

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
Bulgar
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
Yogurt:
fruted, low-fat
fruted, non-fat
plain, low-fat
plain, non-fat

MEATS / POULTRY FISH / CHEESE

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
Tuna in water, drained
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

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.