

# Healthy Exchange Options

We know not everyone has the same taste buds, so we've created a Healthy Exchange resource to help you choose the foods you like and work them into the Optimal Health 3 & 3 Plan! We list a variety of food options with serving sizes around 100 calories and 15g of carbohydrate or less. You will also find recommended serving sizes for alcohol and sweet treats that can occasionally be incorporated into your Optimal Health 3 & 3 Plan as the "Free Choice."

The best path to optimal health includes eating a well-balanced diet with a variety of:

- Fruits
- Low-fat dairy foods
- Lean protein
- Whole grains
- Healthy fats
- Vegetables

The amounts of food you will eat from each food group depends on the number of calories you burn each day (i.e. your total energy expenditure). If you haven't already, work with your **OPTAVIA** Coach to calculate your total energy expenditure, and then use our list of Healthy Exchanges to help create balanced meals.



**Recommended readings:** Part 2.3-2.6 in *Dr. A's Habits of Health, Second Edition* and Elements 08-09 in *Your LifeBook*.



# Healthy Exchange List

Note: The Healthy Exchange List is designed specifically for the Optimal Health 3 & 3 Plan. The options listed are not suitable substitutions for **OPTAVIA** Fuelings while following the Optimal Weight 5 & 1 Plan.

OPTAVIA Fuelings	
1 OPTAVIA Fueling	

Fruit	
Amount	Food
1 (4 oz.)	Fresh whole fruit, small (apple, pear, orange)
½ cup	Chopped fresh fruit
½ cup	Canned fruit (no sugar added)
½ cup (4 oz.)	100% fruit juice
2 Tbsp	Dried fruit
2	Tangerines or plums, small
17	Grapes, small
12	Cherries
¾ cup	Berries
1 oz.	Goji berries (dried, unsweetened)
3	Dates
1	Kiwi
1 cup	Melon, cubed (cantaloupe, honeydew, watermelon)
½ (4 oz.)	Banana, large

## Tips for Fruit:

- Consume fruit with the skin on for extra fiber.
- When choosing canned fruit, select those packed in water or 100% fruit juice instead of syrup.
- Limit dried fruit, which is higher in calories and can have added sugar.
- Choose whole fruit instead of fruit juices for fiber, increased satiety and less sugar.

Dairy	
Amount	Food
1 cup (8 oz.)	Fat-free or low-fat milk
1 cup (8 oz.)	Milk substitute (soy, rice, almond, cashew)
½ cup (4 oz.)	Evaporated milk
¾ cup (6 oz.)	Nonfat or low-fat yogurt (including Greek)
1 cup (8 oz.)	Kefir

## Tips for Dairy:

- Select plain or no-sugar-added yogurt to control calories.
- Choose plain kefir to avoid added sugar. Blend with fresh fruit instead for a protein- and fiber-rich beverage.
- Choose unsweetened milk substitutes for fewer calories and less sugar.
- If you usually drink whole milk, switch gradually to fat-free milk. Try reduced fat (2%), and then transition to low-fat (1%) or fat-free (skim) milk.
- If you drink cappuccinos or lattes – ask for them with fat-free (skim) milk.
- Add fat-free or low-fat milk instead of water to oatmeal and hot cereals.
- Use fat-free or low-fat milk when making cream-based dishes.
- Use plain Greek yogurt instead of mayonnaise or sour cream for added protein and less calories.

# Healthy Exchange List (cont.)

Protein	
Amount	Food
2 oz.	<b>Lean beef:</b> select or choice grades trimmed of fat- ground round, roast (chuck, rib, rump), round, sirloin, steak (cubed, flank, porterhouse, T-bone), tenderloin
1 oz.	Beef jerky*
1 oz.	<b>Beef:</b> corned beef, ground beef, meatloaf, Prime grades trimmed of fat, short ribs, tongue
2 oz.	Cheese with 3g of fat or fewer per oz.
1 oz.	Cheese with 4-7g of fat per oz.
1	Egg
½ cup	Low-fat cottage cheese
½ cup	Egg substitute
4	Egg whites
2 oz.	<b>Fish:</b> fresh or frozen: catfish, cod, flounder, haddock, halibut, orange roughy, salmon, tilapia, trout, tuna
2 oz.	<b>Shellfish:</b> clams, crab, imitation shellfish, lobster, scallops, shrimp
1 oz.	<b>Fish:</b> smoked: herring or salmon (lox)*
2 oz.	<b>Game:</b> buffalo, ostrich, rabbit, venison
2 oz.	<b>Lamb:</b> chop, leg or roast
12	Oysters, medium
2 oz.	Canadian bacon*
2 oz.	<b>Poultry (without skin):</b> chicken, Cornish hen, domestic duck or goose, turkey
2 oz.	Canned tuna, salmon or sardines in water
2 oz.	Sausage with 3g of fat or fewer*
1 oz.	<b>Veal:</b> loin, chop, roast
1 patty	Meatless burger
4 oz.	Tofu
¼ cup	Tempeh
2 oz.	Seitan
¼ cup	Hummus

\* High in Sodium.

## Tips for Protein:

- Choose the leanest cuts of beef, such as round steaks and roasts (eye of round, top round, bottom round, round tip), top loin, top sirloin and chuck shoulder and arm roasts.
- Select the leanest pork choices, such as pork loin, tenderloin, center loin and ham.
- Choose extra lean ground beef that is labeled at least 90% lean.
- Buy skinless poultry, or remove the skin before cooking. Choose skinless chicken breast and turkey cutlets for the leanest options.
- Choose low-sodium lean turkey, roast beef or ham for sandwiches instead of processed deli meats such as bologna or salami.
- Trim away all of the visible fat from meats and poultry before cooking.
- Skip breading on meat, poultry or fish.
- Include fatty fish (salmon, mackerel, herring, lake trout, sardines and albacore tuna) at least two times a week for heart-healthy omega-3 fatty acids.



Starch	
Amount	Food
1 slice	Bread
2 slices	Reduced-calorie bread
½	Pita, 6 inches in diameter
1	Tortilla, 6 inches in diameter
¼	Naan, 8 inches by 2 inches
1 small	Roti/chapatti, 6 inches
1 piece	Matzoh
½	English muffin, hamburger or hot dog bun
1	Mini bagel
½ cup	Hot cereal, cooked (oatmeal, cream of wheat)
¼ cup	Oat bran
3 Tbsp	Wheat germ
¾ cup	Ready-to-eat, unsweetened cereal
½ cup	Sweetened cereal
¼ cup	Granola or muesli (low-fat or regular)
½ cup	Bulgur, wheat bran
⅓ cup	Cooked barley, freekeh, farro, couscous, millet, pasta, polenta, quinoa, white or brown rice, amaranth
1 oz.	Soba noodles
½ cup	Starchy vegetables (corn, peas, potatoes, parsnips, succotash, yams)
1 cup	Winter squash (acorn, butternut, pumpkin)
½ cup	Beans and lentils, cooked (mung beans, pinto beans, black beans)
½ cup	Adzuki beans, cooked
½ medium (3 oz.)	Baked potato (all varieties)
¾ oz.	Pretzels
3 cups	Air-popped popcorn
6	Crackers
2	Rice cakes
15 (¾ oz.)	Baked chips (potato, tortilla, pita)
¾ cup	Hominy, canned

### Tips for Starches:

- Substitute a whole-grain product for a refined product such as whole-wheat bread instead of white, brown rice instead of white, whole wheat pasta instead of white, etc.
- Try sweet potatoes with the skin on instead of white potatoes for more nutrients. They can be cooked in the microwave in minutes.
- Choose beans and lentils for extra protein and fiber. Soak dried beans overnight to reduce cooking time.
- If you're choosing canned, be sure to rinse through a colander to remove excess sodium.
- Experiment by substituting whole-wheat or oat flour for up to half of the flour in pancakes, waffles, muffins or other flour-based recipes.
- Use whole-grain bread or cracker crumbs instead of white bread crumbs.
- Try rolled oats or a crushed, unsweetened, whole-grain cereal as breading for baked chicken, fish, veal cutlets or eggplant parmesan.
- Try an unsweetened, whole-grain, ready-to-eat cereal as croutons in a salad or in place of crackers with soup.
- Foods labeled with the words "multi-grain," "stone-ground," "100% wheat," "cracked wheat," "seven-grain" or "bran" are not always whole-grain products.
- Color is not an indication of a whole grain. Bread can be brown because of molasses or other added ingredients. Read the ingredient list to see if it is a whole grain.
- Use the Nutrition Facts label, and choose whole-grain products with a higher % Daily Value (% DV) for fiber. Many, but not all, whole-grain products are good or excellent sources of fiber.
- Read the food label's ingredient list. Look for products without added sugars (such as sucrose, high-fructose corn syrup, honey, malt syrup, maple syrup, molasses or raw sugar) that add extra calories.
- Look for 100-calorie sandwich rolls, often labeled "rounds", "flats" or "thins".

## Healthy Exchange List (cont.)

Fats			
Amount	Food	Amount	Food
2 tsp	Oil (any type)	1 Tbsp	Tahini
1 Tbsp	Nut butter	2 Tbsp	Seeds (sesame, sunflower, flax)
12	Almonds	1 Tbsp	Chia seeds
12	Cashews	2 slices	Bacon, cooked
20	Peanuts	½ cup	Light coconut milk
32	Pistachios	2 Tbsp	Cream cheese
1-2 Tbsp	Salad dressing	¼ cup	Guacamole
2 tsp	Butter or margarine	1 ½ Tbsp	Pesto
4 Tbsp (2 oz.)	Avocado	2 Tbsp	Baba ghanouj
16-20	Olives (large)	2 tsp	Ghee

### Tips for Fats:

- Use small amounts of fats, which provide essential nutrients.
- Choose oils over solid fats. All fats and oils are a mixture of saturated fatty acids and unsaturated fatty acids. Solid fats contain more saturated fats and/or trans fats than oils. Saturated fats, trans fats and cholesterol tend to raise LDL (bad) cholesterol levels in the blood, which increases the risk for heart disease.
- Select mostly polyunsaturated (PUFA) or monounsaturated (MUFA) fats. Oils are the major source of MUFAs and PUFAs in the diet. PUFAs contain essential fatty acids, so named because they are necessary for health.
- Include nuts, seeds, nut butters, tahini, olives and avocados, which provide protein and/or fiber, so they may be more satiating.

Non-starchy Vegetables	
Amount	Food
½ cup cooked vegetables or vegetable juice	Artichoke hearts, asparagus, baby corn, bean sprouts, beans (green, wax Italian), beets, broccoli, Brussels sprout, cabbage (green, bok choy, Chinese), carrots, cauliflower, celery, chayote, cucumber, daikon, eggplant, leafy greens (collard, kale, mustard, turnip), hearts of palm, jicama, kohlrabi, leeks, mixed vegetables (without corn, peas or pasta), mung bean sprouts, mushrooms (all kinds), okra, onions, peppers (all varieties), radishes, rutabaga, salad greens (chicory, endive, escarole, lettuce, romaine, arugula, radicchio, watercress, etc.), sauerkraut*, spinach, squash (summer, crookneck, zucchini), sugar snap peas, Swiss chard, tomatoes, tomato/vegetable juice*, turnips, water chestnuts
1 cup raw vegetables	

\* May be high in sodium.

### Tips for Non-starchy Vegetables:

- If you eat 3 cups or more of raw vegetables or 1 ½ cups of cooked non-starchy vegetables in a meal, count them as 1 Healthy Exchange option.
- Canned vegetables may have added salt. Look for low-sodium or no-salt-added varieties when possible. Drain and rinse canned vegetables to remove excess salt.
- Starchy vegetables such as corn, peas, potatoes and winter squash have more calories and carbohydrates, so they are listed on the Starch List.
- Keep washed, cut raw vegetables such as carrots, cucumber, broccoli, radishes, celery, bell peppers and cherry tomatoes on hand regularly.
- Add chopped or pureed vegetables to sauces, soups, stews and casseroles.
- Incorporate raw or lightly cooked vegetables, such as spinach, tomatoes and onions, into sandwiches, omelets, stir fries and pasta or rice dishes.
- Aim to fill half of your plate with non-starchy vegetables at meals. They are low in calories and provide a great source of fiber, vitamins and minerals.

# Healthy Exchange List: Free Choice Only

## OPTAVIA Fuelings

1 OPTAVIA Fueling

## Alcohol

Amount	Beverage
8 fl. oz.	Beer
12 fl. oz.	Light beer
1 ½ fl. oz.	Distilled spirits: vodka, rum, gin, whiskey (80 or 86 proof)
2 fl. oz.	Sake
5 fl. oz.	Wine: dry, red or white
3 ½ fl. oz.	Wine: dessert (sherry)

### Tips for Alcohol:

- If you choose to drink alcohol, keep in mind that it contributes extra, unnecessary calories, may stimulate the appetite and may lead to dehydration. Alcohol does not offer any nutritional value.
- Choose a distilled spirit and zero-calorie chaser (for example, rum and Diet Coke, vodka and Diet Sprite or Sprite Zero, gin and diet tonic, etc.) which will not add carbohydrates.
- Avoid mixed drinks such as margaritas, daiquiris, etc. which are high in calories and sugar.
- Drink a glass of water in between every alcoholic beverage.
- Always drink alcohol with food and do not skip meals to make up for liquid calories.

## Sweets and Desserts

Amount	Food
4 pieces	Chocolate "Hershey Kisses"
¼ (1 oz.)	Muffin
½ cup	Low-fat ice cream
1 (1 inch square)	Frosted cake
1 (2 ¼ inches across)	Chocolate chip cookie
4 oz.	Fat-free pudding
½ of cake (about 2 oz.)	Angel food cake
1 inch square (about 1 oz.)	Brownie
3	Gingersnap cookies
4	Vanilla wafer cookies
1	Mini ice cream sandwich
1	Fun-size candy bar
3 pieces	Licorice twists
1 oz.	Fruit snacks
2 strips	Fruit leather
1 square (14 grams)	Dark chocolate (at least 70% dark)
1 oz.	Unsweetened cacao nibs

### Tips for Sweets and Desserts:

- Limit the consumption of sweets and desserts, as they provide calories without offering nutritional value.
- Indulge in sweets and desserts after consuming a balanced meal to help keep blood sugar stable.
- Keep in mind that sweets and desserts may increase cravings and lead to overeating.