



Simple Dinner Swaps



Instead of...	Try	Save
1 cup white rice 204 calories	1 cup wild rice 130 calories	74 calories
5 oz steak 387 calories	2.5 oz salmon 243 calories	144 calories
1 cup pasta cooked 199 calories	1 small sweet potato (baked) 53 calories	146 calories
1 Tbsp. butter 102 calories	1 Tbsp. Parmesan cheese 22 calories	80 calories
½ cup Glazed carrots 101 calories	½ cup Cooked carrots with low-calorie margarine 36 calories	65 calories
1 large slice of French bread 175 calories	1 large slice of sourdough bread 96 calories	79 calories
½ cup Au gratin potatoes 154 calories	½ cup roasted potatoes 84 calories	70 calories
½ cup Potato salad 129 calories	1 cup salad with 2 Tbsp fat free Italian dressing 47 calories	82 calories
Fried chicken breast 253 calories	Baked chicken breast 141 calories	112 calories
1 slice meat pizza 208 calories	1 slice vegetable pizza 149 calories	59 calories
½ cup Macaroni and cheese 237 calories	½ cup pasta with 1 Tbsp. pesto 180 calories	57 calories

Instead of...	Try	Save
4 Hushpuppies 297 calories	1 piece of cornbread with Tbsp low calorie margarine 191 calories	106 calories
Meat lasagna 321 calories	Vegetable lasagna 279 calories	42 calories
1 medium baked potato with butter and sour cream 238 calories	1 medium baked potato with salsa 125 calories	113 calories
½ cup broccoli and rice casserole 144 calories	½ cup broccoli with low calorie butter and 1 Tbsp parmesan cheese 48 calories	96 calories
1 cup clam chowder 149 calories	1 cup chicken gumbo 56 calories	93 calories
Beef pot pie 450 calories	Shepherd's pie 330 calories	120 calories
¼ cup Alfredo sauce 120 calories	½ cup Marinara 60 calories	60 calories
4 oz. 80% lean ground beef pan cooked 278 calories	4 oz. 95% extra lean ground beef pan cooked 185 calories	93 calories
½ cup broccoli and rice casserole 144 calories	½ cup broccoli with low calorie butter and 1 Tbsp parmesan cheese 48 calories	96 calories