



## Simple Lunch Swaps



Instead of...	Try	Save
1 Tbsp. regular mayonnaise <b>99 calories</b>	1 Tbsp. low-calories mayonnaise <b>36 calories</b>	<b>63 calories</b>
2 slices white bread <b>138 calories</b>	1 whole wheat pita pocket <b>74 calories</b>	<b>64 calories</b>
1 cup potato chips <b>107 calories</b>	½ cup carrots with fat free ranch <b>61 calories</b>	<b>46 calories</b>
1 slice thick crust cheese pizza <b>203 calories</b>	1 slice thin crust cheese pizza <b>164 calories</b>	<b>39 calories</b>
Canned tuna in oil (½ can drained) <b>158 calories</b>	Canned Tuna in water (½ can drained) <b>97 calories</b>	<b>61 calories</b>
Salad with fried chicken breast (with cheese and Bacon) <b>470 calories</b>	Salad with grilled chicken breast (with cheese and bacon) <b>350 calories</b>	<b>120 calories</b>
6 inch meatball sub <b>611 Calories</b>	6 inch Philly cheese steak with peppers and onions <b>486 calories</b>	<b>125 calories</b>
½ cup chicken salad <b>208 calories</b>	½ cup pasta salad with meat <b>148 calories</b>	<b>60 calories</b>
Fried fish sandwich <b>323 calories</b>	Chicken sandwich with mayo <b>265 calories</b>	<b>58 calories</b>
Bacon cheeseburger <b>746 calories</b>	3 fried chicken strips <b>400 calories</b>	<b>346 calories</b>
1 brownie <b>129 calories</b>	1 chocolate chip cookie <b>48 calories</b>	<b>81 calories</b>
Broccoli Cheese Soup (1 cup) <b>165 calories</b>	Chicken Noodle Soup(1 cup) <b>75 calories</b>	<b>90 calories</b>

Instead of...	Try	Save
2 slices deli ham <b>91 calories</b>	2 slices deli turkey <b>44 calories</b>	<b>47 calories</b>
1 double cheeseburger (plain) <b>620 calories</b>	1 regular cheeseburger (plain) <b>317 calories</b>	<b>303 calories</b>
½ cup chicken salad <b>208 calories</b>	½ cup pasta salad with meat <b>148 calories</b>	<b>60 calories</b>
Fast Food French Fries (medium) <b>457 calories</b>	Fast Food French Fries (small) <b>290 calories</b>	<b>167 calories</b>
Caesar Salad with dressing <b>168 calories</b>	Chef salad with ranch dressing <b>107 calories</b>	<b>61 calories</b>
2.5 oz tortilla <b>210 calories</b>	2 sandwich thin breads <b>100 calories</b>	<b>210 calories</b>
Peanut butter sandwich on wheat bread using 2 Tbsp peanut butter <b>330 calories</b>	Peanut Butter and Jelly sandwich (with 1 Tbsp peanut butter and 1 Tbsp jelly) <b>285 calories</b>	<b>45 calories</b>
2 slices cheddar cheese <b>228 calories</b>	2 slices provolone cheese <b>140 calories</b>	<b>88 calories</b>
20 oz. regular soda <b>227 calories</b>	20 oz. diet soda or water <b>0 calories</b>	<b>227 calories</b>
1 chili dog with cheese and onions <b>356 calories</b>	1 hot dog with relish, ketchup and mustard <b>274 calories</b>	<b>82 calories</b>
Fast Food French Fries (medium) <b>457 calories</b>	Onion rings (8-9 rings) <b>276 calories</b>	<b>181 calories</b>