

FIGHT IT!

BITE IT!

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◀ **SPAGHETTI**
1 cup, cooked, 200 calories

SPAGHETTI SQUASH ▶
1 cup, cooked, 40 calories



◀ **TRADITIONAL PEPPERONI**
1 oz. (about 15 pieces), 145 calories

TURKEY PEPPERONI ▶
1 oz. (about 15 pieces), 70 calories



◀ **REGULAR GROUND BEEF (80% LEAN)**
4 oz., raw, 290 calories

EXTRA-LEAN GROUND BEEF (96% LEAN) ▶
4 oz., raw, 145 calories

Turkey isn't always the leanest option. Depending on the fat percentage, it can have as many calories as traditional beef.



◀ **WHOLE EGGS**
3 large eggs, 215 calories

EGG WHITES ▶
6 large eggs, 100 calories



◀ **SUB/HOAGIE ROLL**
6" roll, 250 calories

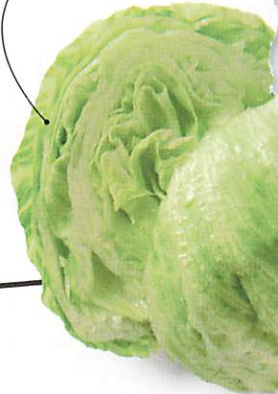
CUCUMBER SUB ▶
medium hollowed-out cucumber, 20 calories



◀ **SANDWICH BREAD**
2 slices, 200 calories

LETTUCE BUN ▶
10 calories

Some restaurants offer lettuce buns. If it's not on the menu, just ask!



◀ **REGULAR PEANUT BUTTER**
2 Tbsp., 195 calories

POWDERED PEANUT BUTTER ▶
2 Tbsp., 50 calories

Powdered peanut butter is defatted peanut flour. Find it in the PB aisle or order online.



◀ **SUGAR**
1½ tsp., 25 calories

STEVIA-BASED SWEETENER ▶
¾ tsp. (twice as sweet as sugar), <5 calories



Not ready to go all the way?

Go 50/50 with the traditional versions. You'll still save a significant number of calories, and it all adds up!

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Riced cauliflower can be found in produce sections and freezer aisles. To make it yourself, pulse chopped florets in a blender.



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◀ **RICE**
1 cup, cooked, 200 calories
CAULIFLOWER RICE ▶
1 cup, cooked, 30 calories

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◀ **PREMIUM CHOCOLATE ICE CREAM**
1/2 cup, 300 calories
100-CALORIE FUDGE POP ▶
1 pop, 100 calories



◀ **MAYONNAISE**
2 Tbsp., 180 calories
MUSTARD & KETCHUP ▶
1 Tbsp. each, 30 calories



Make this swap when dining out! Burger perfection...



◀ **DRIED FRUIT**
1 cup, 400 calories
FREEZE-DRIED FRUIT ▶
1 cup, 100 calories



◀ **PLAIN BAGEL**
280 calories
LIGHT ENGLISH MUFFIN ▶
100 calories



◀ **OLIVE OIL**
1 Tbsp., 120 calories
NONSTICK COOKING SPRAY ▶
1-second spray, 5-10 calories

Use butternut squash for sweet potato-style fries, mashed potatoes & more!



◀ **SWEET POTATO**
1 cup, cooked, 180 calories
BUTTERNUT SQUASH ▶
1 cup, cooked, 80 calories



◀ **2% DAIRY MILK**
1 cup, 120 calories
UNSWEETENED VANILLA ALMOND MILK ▶
1 cup, 30-40 calories

