

Switch List

Good nutrition and eating a healthy, well-balanced diet are essential to decreasing cancer risk and maintaining breast health. Switching to healthy foods is not only doable, it's tasty:

Instead of: High Fat/High Calorie	Calories	Fat Grams	Switch to: Low Fat/Low Calorie	Calories	Fat Grams
Breakfast					
Whole Egg (1 large)	84	6g	Egg White (1 large)	17	.05g
Croissant	272	14g	Whole Wheat Toast (2 slices)	138	2.5g
Plain Bagel w/Whipped Cream Cheese	372	5.6g	English Muffin with Jelly	183	1g
Yogurt with Fruit (8 oz.)	270	7g	Oatmeal	145	2.5g
Turkey Sausage (1 link)	46	20g	Turkey Bacon(2 thin strips)	61	4.5g
Lunch					
Caesar Salad	401	33.5g	Garden Salad w/Chicken (no dressing)	220	4.3g
Calzone	1410	77g	Cheese Pizza (1 slice)	281	12.5g
Italian Sub	544	27g	Ham & Cheese Sandwich (with lettuce)	369	18.17g
Beef Chow Mein	299	19g	Sushi (6pcs w/vegetables and seaweed)	187	1g
Dinner					
Fried Chicken (skin on, 1/2 large breast)	412	21g	Roasted Chicken (skin on, 1/2 large breast)	216	9g
Spaghetti with Meatballs	379	13.5g	Whole Wheat Pasta w/Tomato Sauce	298	7g
Mashed Potatoes (1 cup)	161	2g	Baked Potato (medium)	159	.2g
Meatloaf	409	23g	Pork Chop (medium, floured & baked or broiled)	252	12.6g
Condiments					
Ketchup (1 tbsp.)	15	.5g	Mustard (1 tbsp.)	10	.5g
Butter (1 tbsp.)	102	11.5g	Jelly (1 tbsp.)	51	0g
Mayonnaise (1 tbsp.)	99	11g	Low Fat Mayonnaise (1 tbsp.)	36	3g
Creamy Italian Dressing (1 tbsp.)	72	7.75g	Oil & Vinegar (1 tbsp.)	43	4.2g
Fast Foods					
Cheeseburger (1/4 lb. of beef)	543	30g	Broiled Chicken Burger w/Tomato & Lettuce	495	14g
Buffalo Wings (6 pieces)	956	64g	Chicken Nuggets (6 pieces)	285	18g
Beef Burrito w/Beans, Cheese & Sour Cream	562	24.5g	Soft Taco w/Chicken, Cheese & Lettuce	247	8.75g
Large Fries	270	13.75g	Small Onion Rings	158	9g
Soup					
Wonton Soup (1 cup)	181	7.05g	Miso Soup (1 cup)	84	3.5g
Cream of Tomato Soup (1 cup)	136	3.15g	Minestrone Soup (1 cup)	233	2.5g
Cream of Broccoli Soup (1 cup)	209	12g	Chicken Noodle Soup (1 cup)	63	2.4g
Beverages					
Lemon Iced Tea (sweetened)	100	0g	Water	0	0g
Cola	100	0g	Diet Cola	0	0g
Whole Milk	146	8g	1% Milk	104	2.5g
Cappuccino	150	8g	Coffee	2	.05g
Snacks					
Milk Chocolate Bar	235	13g	Dark Chocolate Bar	187	12.65g
Buttered Popcorn (small bag)	485	33g	Potato Chips (small bag)	150	10.5g
French Onion Dip (1 tbsp.)	33	3g	Hummus (1 tbsp.)	22	1.3g
Desserts					
Chocolate Ice Cream	192	9.75g	Strawberry Sorbet	190	0g
Cheesecake	411	25g	Apple Pie	363	14g
Carrot Cake	543	28g	Low Fat Brownie	100	.45g

*All information contained on this page has been gathered from the USDA via their website at USDA.gov. It is our attempt to provide nutrition information that is precise; however we cannot guarantee 100% accuracy. Variations may exist due to changes in serving size, and/or ingredients. All decimal places are rounded to nearest .05, .5 or 0.

Tips for Healthy Living:

- 1) Portion Control-** It's not only important to know what you're eating but how much you're eating. Serving sizes are easy to figure out if you use your hand as a reference: 2 fingers = 1 serving of cheese, an open palm = 1 serving of meat, a closed fist = 1 serving of fruits or vegetables, a cupped hand = 1 serving of cereal or grain, tip of thumb = 1 serving of butter, oil or dressing.
- 2) Fruits and Vegetables-** Try to get in at least 4 servings of fruits and 5 servings of vegetables a day.

- 3) Types of Fat-** We all need a little fat in our diets but there are different types of fat. Try to limit how many saturated fats you eat and avoid any trans fat.
- 4) Fiber-** Be sure to include lots of fiber in your diet. It lowers your cholesterol, keeps you regular and makes you feel fuller faster.

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