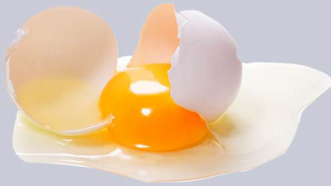


FITFORWARD: FOOD SWAPS FOR HEALTHY EATING

When it comes to weight loss, slow and steady wins the race. While complete diet makeovers can be overwhelming, focusing on small simple changes makes healthy eating more manageable and sustainable over the long term. Instead of throwing your kitchen, eating habits, and sanity upside down, focus on making these simple food swaps to save you calories and help you slim down.

Whole Egg



Calories: 80 kcal
Cholesterol: 187mg
Protein: 6g

Egg Whites



Calories: 20 kcal
Cholesterol: 0g
Protein: 3.6g

Choosing egg whites over the whole eggs helps save you some calories, cholesterol, and still contains a decent amount of protein.

Sour Cream



Calories: 60 kcal
Fat: 5g
Protein: 0.5g

Greek Yogurt



Calories: 35 kcal
Fat: 0g
Protein: 11g

Choosing plain greek yogurt in place of sour cream will help cut down on calories and fat while also adding protein.

Spaghetti



Calories: 220 kcal
Carbs: 42g

Spaghetti Squash



Calories: 31 kcal
Carbs: 7g

Choosing spaghetti squash over regular spaghetti noodles can help you cut down on a lot of calories and carbohydrates.

Rice



Calories: 206 kcal
Carbs: 42g
Protein: 4.3g

Riced Cauliflower



Calories: 25 kcal
Carbs: 5g
Protein: 2g

Quinoa



Calories: 220 kcal
Carbs: 39g
Protein: 8g

Choosing riced cauliflower over regular rice can help you cut back on not only calories, but carbohydrates as well.

Another option is quinoa. While not lower in calories or carbs than rice, quinoa offers nearly double the amount of protein.

Mashed Potatoes



Calories: 214 kcal
Fat: 10g

Mashed Cauliflower



Calories: 75 kcal
Fat: 2g

Choosing to make your own mashed cauliflower potatoes instead of using regular potatoes can help reduce fat and calories.

Potato



Calories: 163 kcal

Sweet Potato



Calories: 112 kcal

Choosing a sweet potato over a regular potato will not only help you reduce a few calories, but sweet potatoes are also loaded with more vitamins and minerals than a regular potato, such as vitamin A.

Peanut Butter



Calories: 188 kcal

Peanut Butter Powder



Calories: 45 kcal

Choosing powdered peanut butter over regular peanut butter will reduce calories and fat significantly in your diet.

Soda



Calories: 150 kcal
Sugar: 33g

Seltzer Water



Calories: 0 kcal
Sugar: 0g

Choosing flavored seltzer water over a soda will help you reduce a ton of calories and unnecessary sugar in your diet.

2% Milk



Calories: 120 kcal
Fat: 5g
Sugar: 12g

Unsweetened Almond Milk



Calories: 30 kcal
Fat: 1g
Sugar: 0g

By choosing unsweetened almond milk over regular cow's milk, you can cut back on calories, fat, and sugar in your diet.

Choosing healthier foods is easier than you think. By changing just a few habits, you can make a big difference in your diet. Making small changes to your diet is the healthiest and most achievable way to lose weight. Just by making these simple food swaps in your diet can help you cut back on calories, fat, and sugar, while adding other beneficial nutrients to your diet like protein and fiber. Remember, small changes can add up to make a big overall difference to your diet!