

Top 20 Healthy Swaps Cheat Sheet

Simple trades that add fiber and cut added sugar, saturated fat or sodium.

Instead of	Try	Calories	Fiber g	Sugars g	Sat fat g	Sodium mg
White rice 1 cup cooked	Brown rice 1 cup cooked	205 → 240	0.6 → 3.1	0.1 → 0.5	0.1 → 0.5	2 → 8
White bread 2 slices	Whole-wheat bread 2 slices	133 → 141	1.4 → 3.4	2.8 → 2.4	0.3 → 0.4	245 → 255
Flour tortilla 1 medium	Corn tortillas 2 small	150 → 113	1.7 → 3.3	1.8 → 0.5	1.4 → 0.2	361 → 23
Frosted flakes cereal 1 cup	Oatmeal (cooked) 1 cup cooked	117 → 166	0.4 → 4.0	11.8 → 0.6	0.0 → 0.7	135 → 9
Glazed doughnut 1 medium	Oatmeal (cooked) 1 cup cooked	256 → 166	0.9 → 4.0	– → 0.6	3.6 → 0.7	241 → 9
Pancake syrup 2 tbsp	Fresh strawberries 1/2 cup sliced	94 → 24	0.0 → 1.5	8.6 → 3.7	0.0 → 0.0	33 → 1
Cola 12 fl oz can	Sparkling water + fruit 12 fl oz	155 → 0	0.0 → 0.0	36.6 → 0.0	0.0 → 0.0	11 → 75
Orange juice 1 cup	Whole orange 1 large	112 → 66	0.5 → 3.4	20.8 → 13.1	0.1 → 0.0	2 → 0
Fruit punch 1 cup	Water (still or sparkling) 1 cup	119 → 0	0.0 → 0.0	28.0 → 0.0	0.0 → 0.0	25 → 2
Energy drink 8 fl oz	Black coffee 1 cup	113 → 2	0.0 → 0.0	26.2 → 0.0	0.0 → 0.0	185 → 5
Potato chips 1 oz	Roasted chickpeas 1/2 cup	149 → 134	0.9 → 6.2	0.1 → 3.9	1.0 → 0.2	148 → 6
Tortilla chips 1 oz	Carrot sticks 1 cup	132 → 52	1.5 → 3.6	0.2 → 6.1	0.8 → 0.0	92 → 88
Chocolate-coated granola bar 1 bar	Walnuts 1 oz	130 → 183	1.0 → 1.9	– → 0.7	4.0 → 1.7	56 → 1
Milk chocolate 1 oz	Dark chocolate (70-85%) 1 oz	150 → 167	1.0 → 3.1	14.4 → 6.7	5.2 → 6.9	22 → 6
Butter 1 tbsp	Olive oil 1 tbsp	100 → 124	0.0 → 0.0	0.0 → 0.0	7.2 → 1.9	90 → 0
Mayonnaise 1 tbsp	Mashed avocado 2 tbsp	95 → 48	0.0 → 2.0	0.1 → 0.2	1.6 → 0.6	89 → 2
Ranch dressing 2 tbsp	Hummus 2 tbsp	129 → 71	0.0 → 1.6	1.4 → 0.2	2.1 → 0.8	270 → 128
Ketchup 1 tbsp	Salsa 2 tbsp	17 → 9	0.1 → 0.6	3.6 → 1.3	0.0 → 0.0	154 → 228
Ground beef (80/20) 3 oz cooked	Ground turkey (93% lean) 3 oz cooked	230 → 181	0.0 → 0.0	0.0 → 0.0	5.7 → 2.5	64 → 76
French fries medium serving	Baked sweet potato 1 medium	365 → 103	4.4 → 3.8	0.4 → 7.4	2.7 → 0.1	246 → 41

Values are per serving shown, calculated from USDA FoodData Central (SR Legacy). Brands vary, so check labels. – means not reported. Compare all 42 swaps with the reasons why at healatlasc.com/healthy-swaps/