



# FAT EXCHANGES

Serving Size

Fork Friendly Selections (Cal/g carb)

## Avocado

Less sodium

Fresh ----- 1/8 of med  
Guacamole ----- 2 Tbsp.

Wholly Guacamole  
- Classic Guacamole (70/2)



## Cream Cheese

Less than 3 g saturated fat

Cream Cheese, ----- 2 Tbsp.  
unflavored

HEB  
- Fat-free Cream Cheese (30/0)

Kroger  
- Greek Cream Cheese Spread (60/0)  
- Greek Cream Cheese Whipped (45/0)  
- Fat Free Original (35/0)



## Margarine Spread/Spray

Trans fat-free & less than 2 grams saturated fat

Margarine, spread --- 1 Tbsp.  
Margarine, spray ---- 1 spray

Brummel & Brown  
- Original Spread (45/0)

Country Crock  
- Calcium (45/0)  
- Fortified Light (50/0)

Fleischmann's  
- Olive Oil (60/0)

I Can't Believe It's Not Butter  
- Original Spray (0/0)

Parkay  
- Squeeze (70/0)

Smart Balance  
- Light w/ Flaxseed Oil (50/0)



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### Mayonnaise

Less than 1 gram saturated fat

Mayonnaise ----- 1 Tbsp.

#### Kraft

- Avocado Oil Mayo (40/0)
- Light Mayonnaise (35/2)
- Reduced Fat w/ Olive Oil (50/1)



### Nut Butter

Less than 2 grams saturated fat

Less than 150 mg sodium

Almond ----- 1 1/2 tsp.

Peanut ----- 1 1/2 tsp.

#### Barney Butter

- Bare Smooth Almond Butter (45/2)

#### Justin's

- Maple Almond Butter (45/2)

#### Hampton Farms Healthy Living

- Unsalted Natural Peanut Butter (50/1)

#### Kroger Peanut Butter

- Natural Creamy/ Crunchy (45/2)

#### Maranatha

- Raw Almond Butter Creamy (45/2)
- Roasted Almond Butter Creamy (45/2)

#### PB2

- Chocolate Peanut Butter (11/2)
- Peanut Butter (11/1)

#### Wild Friends

- Almond Cashew Super Butter (47/2)



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### Nuts -- 45 Calories

Lower in salt than competing brands.

Almonds ----- 6 nuts

*The nut with the lowest saturated fat and the highest fiber, protein, calcium and vitamin E of all the tree nuts.*

Cashews ----- 6 nuts

Peanuts ----- 10 nuts

Pistachios ----- 16 nuts

Walnuts ----- 6 nuts

*The nut with the highest level of heart healthy omega-3 fats.*

Edamame ----- 2 Tbsp.

*Consuming 25 grams of soy per day can lower cholesterol.*

Soy Nuts ----- 2 Tbsp.

*The nut with the most soluble fiber (more than oatmeal) which can help lower cholesterol.*

### Oils

Canola ----- 1 Tbsp.

Corn ----- 1 Tbsp.

Olive ----- 1 Tbsp.

Extra Virgin and Cold Pressed olive oils offer the greatest health benefits. Heat, light, and age will reduce health benefits.

Select products in **dark bottles** or **tin containers** and in **smaller containers** to encourage use within six months.

### Blue Diamond

- Lightly Salted Almonds
- Wasabi & Soy Almonds
- Whole Natural Almonds

### Emeralds

- Cocoa Roast Almonds
- Roasted & Salted Whole Cashews

### Fisher

- Chopped Walnuts

### Planters

- Lightly Salted Dry Roasted Peanuts

### Sea Point Farms

- Lightly Salted Edamame

### Simple Truth

- Roasted & Salted Soy Nut

### Wonderful

- Natural Raw Almonds
- Roasted & Salted Pistachios



### Wesson

- Pure Canola Oil (130/0)

### Mazola

- Corn Oil (80/0)

### Pompeian

- Extra Virgin Olive Oil (120/0)



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### Olives

Black ----- 8 large  
Green, stuffed ----- 10 large

- Early California**
- Reduced Salt Large Black Olives (25/1) ----- 4 Olives
  - Extra Large Ripe Black Olives (15/0) ----- 3 Olives
  - Early California Green Olives (25/1) ----- 5 Olives



### Salad Dressing

No more than 150 mg sodium  
No more than 1 g saturated fat

Salad Dressing ----- 2 Tbsp.

- Bolthouse Farms**
- Honey Mustard Yogurt (45/6)
- Kens Steak House**
- Lite Sweet Vidalia Onion (80/11)
  - Lite Raspberry Walnut Vinaigrette (80/7)
- Maple Grove Farm**
- Citrus Vinaigrette (110/8)
  - F.F. Balsamic Vinaigrette (15/3)
  - S.F. Balsamic Vinaigrette (5/1)
- Marie's**
- Raspberry Vinaigrette (50/6)
- Newman's Own**
- Raspberry & Walnut (70/7)



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### Seeds

Chia ----- 6 nuts

*Chia seeds are the plant source with the highest omega 3s.*

Flax ----- 6 nuts

*To reap all the health benefits, flax must be milled or ground. It is better to consume flax seeds than flax oil because flax oil contains just part of the seed.*

Pumpkin ----- 10 nuts

Sunflower ----- 16 nuts

#### Arrowhead Mills

- Flaxseed (47/3)

#### Bob's Red Mill

- Chia Seeds (65/5)

- Whole Flaxseed (35/2)

#### David

- Roasted & Salted Pumpkin Seed (75/4)

#### Frito Lay

- Original Sunflower Seeds (63/2)

#### Spectrum

- Chia Seed (60/4)

- Ground Premium Flaxseed (35/2)



### Sour Cream

Sour Cream, ----- 2 Tbsp.  
regular

#### HEB

- Light Sour Cream (40/2)

#### Kroger

- Fat free Sour Cream (20/3)

