

Substitution Guide

Food Variety List

If you have difficulty finding certain items on the Daily Menus, or if there are foods included which you don't enjoy, refer to the following lists of foods for recommended substitutions. Some brand names are only available in certain geographical areas. Other products may be discontinued.

The list is divided into food categories. Simply locate the item you want to substitute and replace it with another item from the same category. For example, if you're looking for an alternative for red meat, check the Meats, Poultry, Fish and Cheese category on this list and pick an equivalent option such as chicken or fish.

VEGETABLES A

Alfalfa sprouts
Cabbage
Celery
Chicory
Chinese cabbage
Cilantro (coriander)
Chives
Cucumbers
Endive
Escarole
Green onions
Lettuce
Mushrooms
Parsley
Radishes
Watercress
Zucchini

VEGETABLES B

Artichoke
Artichoke hearts (no oil)
Asparagus
Bamboo shoots
Bean sprouts
Beets
Broccoli
Brussel sprouts
Carrots
Cauliflower
Collards
Eggplant
Green beans
Green or red pepper
Jicama
Kale
Leeks
Okra
Onions

Rhubarb
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Rutabaga
Spaghetti squash
Spinach
Summer squash
Tomatoes
Turnips
Water chestnuts
Wax beans
Yellow beans

VEGETABLES C / LEGUMES

Avocado
Chick peas/garbanzo beans
Corn
Corn-on-the-cob
Beans
Lentils
Lima beans
Parsnips
Peas, fresh or frozen
Potato, baked or mashed
Pumpkin
Squash: winter, acorn or butternut
Yam or sweet potato

FRUITS / FRUIT JUICES

Apple
Apple juice
Apple juice spritzer
Applesauce, unsweetened
Apricots – dried or fresh
Banana
Blueberries, unsweetened
Boysenberries, unsweetened
Cantaloupe*

Cherries
Cranberries
Cranberry juice cocktail
Cranberry juice spritzer
Dates – dried, pitted
Fig
Fruit cocktail, canned in water
Grape juice
Grapefruit*
Grapefruit juice
Jam, low-sugar
Kiwi
Kumquat*
Lemon juice
Lemonade – frozen, diluted
Mango*
Mandarin orange
Melon
Mixed fresh fruit
Nectarine*
Orange*
Orange juice
Orange juice spritzer
Papaya*
Passion fruit
Peaches
Pears
Pineapple – fresh or canned
Pineapple juice, unsweetened
Plums
Pomegranate*
Prunes*
Raisins
Raspberries
Strawberries
Tangerine
Tomato juice, low-sodium
Watermelon*, diced
*High in Potassium

BREADS / CRACKERS

Bagel, plain
Bagel, mini
Biscuit, baking powder
Bread:
 cracked wheat
 French
 pita pockets
 pumpernickel
 raisin
 rye
 sourdough
 whole wheat
Breadsticks
Corn muffins
Crackers, low- or non-fat, baked:
 Ak-mak
 Armenian cracker bread
 Bremner
 graham (1 = 2" x 4")
 Lavosh
 matzoh
 melba toast, wheat/rye
 rice cakes
 Ry-Krisp
 SnackWells
 soda crackers
 Wasa Crispbread
 Wheat Thins
 Zwieback
English muffin, whole wheat
Frankfurter bun
Hamburger bun
Popcorn, air-popped
Pretzels
Roll, whole wheat
Tortilla – corn or whole wheat

See next page for more substitutions.

Food Variety List *(continued)*

CEREALS

(>3 g fiber, <3 g sugar and/or 100% RDA)

All-Bran*, Kellogg's
All Bran with Extra Fiber*, Kellogg's
Bran Chex, Ralston
40% Bran Flakes, Kellogg's
Fiber One*, General Mills
Grape-nuts, Post
Nutri-Grain, Kellogg's
Oatmeal
Product 19, Kellogg's
Raisin Bran, Kellogg's
Shredded Wheat with Bran, Nabisco
Total, General Mills

*Substitute only with another cereal with comparable grams of fiber.

GRAINS / PASTAS

Barley
Bran, unprocessed
Bulgar
Grits, plain
Kasha/Kashi
Matzoh meal
Pasta
Rice:
 brown
 wild
 wheat germ

MILK PRODUCTS

Buttermilk
Evaporated skim milk, canned
Low-fat – 1% or 2%
Powdered milk, non-fat dry
Skim milk
Soy milk
Tofu
Yogurt:
 fruited, low-fat
 fruited, non-fat

plain, low-fat
plain, non-fat

MEATS / POULTRY FISH / CHEESE

Beef:
 baby beef, lean
 eye of round
 flank steak (stir-fry)
 sirloin (kabobs, London broil, sirloin steak)
 tenderloin (filet mignon, filet steak, medallions)
 top loin (Delmonico or strip steak)
 top round (London broil)

Cheeses – low-fat or non-fat:
 cheddar, reduced- or non-fat
 cottage cheese, low- or non-fat
 cream cheese, light or non-fat
 Laughing Cow, reduced-calorie
 Monterey Jack, reduced- or non-fat

Mozzarella, part-skim
Muenster*
Neufchatel*
Parmesan, grated
Provolone*
Ricotta, part-skim
Swiss, light

Chicken – white meat, without skin
Crab meat – canned, frozen or fresh

Eggs*
Haddock
Halibut
Ham – lean, baked or roasted

Lamb:
 chop*
 roast*
Lobster – baked or broiled
Mackerel – fresh or frozen, broiled

Pork:
 chop*
 loin

Red snapper
Salmon – fresh, frozen or canned
Scallops
Shrimp – fresh, boiled or canned
Sole, fillet
Swordfish
Tofu
Tuna in water, drained
Turkey – ground or turkey breast
Veal cutlet

*High fat selections should be eaten in moderation.

OILS / NUTS / DRESSINGS

Dressings – low-fat or fat-free
Hummus
Margarine* – light, low-calorie, non-trans fat
Mayonnaise, low-calorie or non-trans fat
Nuts and seeds:*
 Almonds, raw
 Brazil nuts
 Filberts
 Macadamia
 Peanuts
 Pecans
 Sesame seeds
 Sunflower seeds
 Walnuts
Oils* – vegetable, corn, olive, peanut, safflower, sesame, soybean, sunflower
Olives* – black or green
Peanut butter* – natural, no sugar added

*High fat selections should be eaten in moderation.

SNACK FOODS

Baked corn chips, non-trans-fat
Cornbread
FI-BAR, Natural Nectar

Fig bars, whole wheat, Mother's
Fruit Boosters, Sunbelt*
Gingersnaps
Graham crackers
Granola bars*
Muffin (bran, oat, etc.)
Nutri-Grain bar*, Kellogg's
Pancake – plain or buttermilk, light Aunt Jemima
Popcorn, air popped
Pretzels, unsalted
Waffle, frozen
*Snack bar guideline: fat <3 g, sugars <13 g, calories <140 calories, fiber >1 g

SAUCES

Barbecue sauce
Catsup, light
Horseradish
Marinara
Mustard
Oyster sauce
Spaghetti sauce – low-fat, low sodium
Salsa
Soy sauce, reduced sodium
Tomato sauce
Tomato paste
Taco sauce
Teriyaki sauce
Vinegar
Worcestershire sauce

FROZEN DESSERTS

Frozen yogurt – low-fat or non-fat
Vitari, all fruit yogurt
Frozen fruit juice bars
Ices
Light ice-creams, low-sugar, low-fat
Sherbet, 2%
Sorbets

The Kansas Hospital Association and Healthworks have created a series of resources designed to inform and support efforts to promote healthy food and beverage environments in Kansas hospitals. The Public Health Law Center assisted in creating this document. These resources are funded in part by the Kansas Health Foundation. More information is available at www.HealthyKansasHospitals.org.

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