

Walk NEBRASKA

Step Up Your Choices for Healthy Food Substitutes!

Want to make big steps in healthy food choices with only small sacrifices? “Step Down to Change” to help reduce caloric intake. For example, you might gradually step-down from 1 cup of whole milk (149 calories) to 2% milk (122 calories) to 1% milk (102 calories) to skim milk (86 calories). The table below lists some other healthy substitutions:

| Food/Beverage | Good Substitute | Better Substitute | Best Substitute |
|---------------------------------------|---------------------------------------|-------------------------------------|---|
| Sour cream | Light sour cream | Low fat plain yogurt | Nonfat plain yogurt |
| Mayonnaise | Light mayonnaise | Light salad dressing | ½ nonfat yogurt; ½ light salad dressing |
| Fatty meats | Lean cuts of meat | Chicken and turkey breast | Fish (particularly finfish) |
| Food fried in oil | Fried using cooking spray | Food baked without added fat | Broiled or steamed food |
| Ice cream | Ice milk | Sherbet | Low fat yogurt |
| Donuts, pastry, cake, pie, cookies | Granola bar | Fruit newton or ginger snap cookies | Angel food cake, fruit |
| Potato chips or snack foods | Lightly buttered popcorn | Pretzels, unbuttered popcorn | Raw fruit or vegetables |
| “Supersized” cola or other soft drink | Medium sized cola or other soft drink | Diet soda or other diet drink | Water |

Step Down: Health Practices

Fill in the blanks with increasingly better alternatives to a current health practice.

Top Step (Current Behavior): _____

2nd Step: _____

3rd Step: _____

4th Step: _____

SOURCE:

Used with permission: “Step Down To Change”, Barbara O’Neill, Ph.D., CFP®, Extension Specialist in Financial Resource Management; Karen Ensle, Ed.D., RD, Family and Community Health Sciences Educator. Rutgers Cooperative Extension.

http://njaes.rutgers.edu/sshw/pdfs/FINAL-SSHW_FS27_Step_Down_to_Change.doc