

Fat Exchange

Serving Size

Fork Friendly Selection (Cal/ g carb)

Avocado

Fresh----- 1/8 of medium

Guacomole---- 2 Tbsp.



Wholly Guacamole

- Classic Guacamole (70/2)



Cream Cheese

Cream Cheese --- 2 Tbsp.

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 (45/0)

Country Crock

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



Fleischmann's

- Olive oil (60/0)



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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Mayonaise

Less than 1 gram saturated fat

Mayonaise ----- 1 Tbsp.

Kraft

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

Hellman's

- Mayonnaise Dressing w/ Olive Oil (60/0)



Nut Butters

Less than 2 grams saturated fat and 150

mg sodium

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

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

Barney Butter

- Bare Smooth Almond Butter (180/7)

Justin's

- Maple Almond Butter (180/8)

Maranatha

- Raw Almond Butter Creamy (180/7)
- Roasted Almond Butter Creamy (180/7)

Wild Friends

- Almond Cashew Super Butter (190/9)

Hampton Farms Healthy Living

- Unsalted Natural Peanut Butter (200/5)

Kroger Peanut Butter

- Natural Creamy/ Crunchy (180/5)

PB2

- Chocolate Peanut Butter (45/6)
- Peanut Butter (45/5)



Serving Size

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Nuts- 45 calories

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 ----- 3.5 tsp.

Consuming 25 grams of soy per day can lower cholesterol

Soy Nuts

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

Blue Diamond

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



Emeralds

- Cocoa Roast Almonds



Wonderful

- Natural Raw Almonds



Emerald Whole

- Roasted & Salted Cashews



Planters

- Lightly Salted Dry Roasted Peanuts



Wonderful Pistachios

- Roasted & Salted



Fisher

- Chopped Walnuts



Sea Point Farms

- Lightly Salted Edamame
 - * contains 14 g soy protein



Simple Truth

- Roasted & Salted Soy Nut



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Oil

Canola----- 1 Tbsp.

Corn----- 1 Tbsp.

Olive----- 1 Tbsp.

Selections for olive oils are Extra Virgin and Cold Pressed, which offer the greatest health benefits. Heat, light, and age will reduce health benefits. Select product in dark bottles or tin containers, furthest from store lighting and in smaller containers to encourage usage within six months.

Olives

Black-----large

Green, stuffed--10 large

Salad Dressing

No more than 150 mg sodium and 1 gram saturated fat

Salad Dressing--- 2 Tbsp.

Wesson

- Pure Conola Oil (130/0)

Mazola

- Corn Oil (80/0)

Pompeian

- Extra Virgin Olive Oil (120/0)



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



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 Vinnaigrette (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 ----- 1 Tbsp.

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

Flax----- 1 Tbsp.

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----- 1 Tbsp.

Sunflower----- 1 Tbsp.

Bob's Red Mill

- Chia Seeds (65/5)

Spectrum

- Chia Seed (60/4)

Arrowhead Mills

- Flaxseed (47/3)

Bob's Red Mill

- Whole Flaxseed (35/2)

Spectrum

- Ground Premium Flaxseed (35/2)

David

- Roasted & Salted Pumpkin Seed (75/4)

Frito Lay

- Original Sunflower Seeds (63/2)



Sour Cream

Sour Cream----- 2 Tbsp.

HEB

- Light Sour Cream (40/2)

Kroger

- Fat free Sour Cream (20/3)

