

# Healthy Exchanges

We know not everyone has the same taste buds, so we've created a Healthy Exchange resource to help you choose the foods you like and work them into the Optimal Health 3 & 3 Plan™. It lists a variety of food options with serving sizes around 100 calories and 15g of carbohydrate or less. You will also find recommended serving sizes for alcohol and sweet treats that can occasionally be incorporated into your Optimal Health 3 & 3 Plan as the "Free Choice."

The amounts of food you'll eat from each food group depends on the number of calories you burn each day (your total energy expenditure). If you haven't already, work with your **OPTAVIA** Coach to calculate your total energy expenditure, and then use the Healthy Exchange List along with your Optimal Health 3 & 3 sample meal plan to create balanced meals.

The Healthy Exchange List is designed specifically for the Optimal Health 3 & 3 Plan. The options listed are not suitable substitutions for OPTAVIA Fuelings during the weight loss phase of the program.

On the Optimal Weight 4 & 2 & 1 Plan® and Optimal Weight 5 & 2 & 2 Plan®, you may incorporate 1-2 servings (depending on your plan) of starch, fruit, or dairy as your healthy snack each day. Only choose options from the fruit, starch, and dairy food lists on these plans. For more information and a list of choices, please see your Plan Guide.

Fruit	
Food	Amount
Fresh whole fruit (apple, pear, orange)	1 small (4 oz.)
Chopped fresh fruit	½ cup
Canned fruit (no sugar added)	½ cup
100% fruit juice	½ cup (4 oz.)
Dried fruit	2 Tbsp.
Tangerines or plums	2 small
Grapes	17 small
Cherries	12
Berries	¾ cup
Goji berries (dried, unsweetened)	1 oz.
Dates	3
Kivi	1
Melon (cantaloupe, honeydew, watermelon)	1 cup cubed
Banana	½ large (4-oz.)

## Tips:

- Consume fruit with the skin on for extra fiber.
- When choosing canned fruit, select those packed in water or 100% fruit juice instead of syrup.
- Limit dried fruit, which is higher in calories and can have added sugar.
- Choose whole fruit instead of fruit juices for fiber, increased satiety, and less sugar.

Dairy	
Food	Amount
Fat-free or low-fat milk	1 cup (8 oz.)
Milk substitute (soy, rice, almond, cashew)	1 cup (8 oz.)
Evaporated milk	½ cup (4 oz.)
Nonfat or low-fat yogurt (including Greek)	2/3 cup (6-oz.)
Kefir	1 cup (8 oz.)

## Tips:

- Select plain or no-sugar-added yogurt to control calories.
- Choose plain kefir to avoid added sugar. Blend with fresh fruit instead for a protein- and fiber-rich beverage.
- Choose unsweetened milk substitutes for fewer calories and less sugar.
- If you usually drink whole milk, switch gradually to fat-free milk. Try reduced fat (2%), and then transition to low-fat (1%) or fat-free (skim) milk.
- If you drink cappuccinos or lattes - ask for them with fat-free (skim) milk.
- Add fat-free or low-fat milk instead of water to oatmeal and hot cereals.
- Use fat-free or low-fat milk when making cream-based dishes.
- Use plain Greek yogurt instead of mayonnaise or sour cream for added protein and less calories.



# Healthy Exchanges

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