

# Food Swaps



## A Guide to Nutrition Substitution and Flexible Dieting



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# Intro



Following a diet to a tee can at times not only be tedious for the tastebuds but also a strenuous organizational task. It's close to inevitable that at some point we will find ourselves in a diet dilemma, unable to prepare our prescribed meal(s) the way we ought to.

Where ends don't meet financially, or it's practically impossible to create that next meal with the ideal constituents and portions, even just a hint of nutritional knowledge can keep us progressing toward our goals. Hence why I have compiled this convenient guide.



# Protein



- Proteins are broken down into amino acids, and these are the building blocks of your skeletal muscle and tissue.
- Protein is essential for repair of your muscles - particularly after exercise.
- Protein has 4kcal/g - 4 calories per gram of the macronutrient
- Protein has the greatest increase to satiety
- Animal protein absorbs ~10% more than plant protein
- For optimal protein synthesis, daily protein intake should be split equally between at least 4 meals
- For most (active) people, protein supplements are not needed. It is better if a variety of foods containing protein are consumed as part of meals or snacks and spread throughout the day. However, there may be situations when a protein supplement is convenient.



# Protein



All raw weight

- Egg Whites, lean chicken, turkey breast, lean pork, lean steak, white fish, prawns, tuna, lamb, protein powder (65%+ protein)  
E.g. swapping 30g protein powder (75g protein/100g) for 100g chicken breast
- 150g lean mince meat ~10% fat (beef chicken, pork, turkey) or sausages - 135g Salmon
- Tofu, vegan/plant-based meat alternative e.g Sunfed or Quorn,
- Chickpeas, garbanzo beans, red kidney beans, navy beans, black beans, navy beans
- Seeds: pumpkin seeds, sunflower seeds, flax seeds, chia seeds etc.
- Whole Egg - 35g egg white 1tsp oil
- Yoghurt 100g (greek low fat) - 50g cottage cheese



# Carbohydrates



- Carbohydrates break down quickest into energy.
- Carbohydrates when not turned into glucose immediately, are stored as glycogen in the liver and muscles as reserve energy stores.
- Beyond being your main energy source, there are carbohydrates that help synthesize specific amino acids (protein building blocks) and allow for consistent bowel movements.
- Fiber is a type of carbohydrate that cannot be broken down by your GI tract. This nutrient does not give you energy, but helps rid your body of waste & keeps your intestinal tract healthy.
- Simple carbohydrates are easy for your body to break down for energy or glucose. They are found in items that are usually sweet such as honey, table sugar, syrup, agave nectar, milk/yogurt, and fruit.
- Complex carbohydrates take longer to breakdown. They are found in foods such as starches and grains: rice, pasta, bread, and starchy vegetables (potatoes, peas, corn). Other plant based foods such as non-starchy vegetables (beans, nuts, and seeds) contain carbohydrates, but in lower amounts.

# Carbohydrates



All raw weight

Bread (2 slices) ~ 200cal

4 Weetbix

260g potato

750g pumpkin

230g sweet potato

50g rice

50g pasta

50g oats

45g muesli

45g crackers

50g noodles (dry)

50g lentils

50g polenta / grits

50g Semolina

40g croissant

1 bagel

E.g swapping out a bagel for 55g pasta



# Fats



## Fact sheet:

- Essential for the transportation, absorption and storage of fat soluble vitamins, A, D, E, K
- Vital for optimal brain (cognitive) and heart function
- Promote proper hormone function
- Cushion organs
- Has the highest calorific value per gram (9kcal/g) out of the 4 macro nutrients (Carbohydrate (4), Protein (4), Fat (9), Alcohol (7))
- Fat doesn't make you fat
- There are three types of fat: saturated, polyunsaturated (which is your omega 3, 6, and 9), and monounsaturated.
- Avoid trans fats: these are man-made fats and their chemical structure has been altered, making it an unstable fat in the body, which leads to damage from free radicals.



# Fats



- Nut & seed butters - peanut, almond, cashew, hazelnut, macadamia

E.g swapping 25g Peanut butter for 25g Almond butter

- Vegetable and plant oils - olive oil, sunflower oil, canola oil, rice bran oil, peanut oil, coconut oil, butter, margarine, plant oil spread, mayonnaise

E.g. swapping 10ml olive oil for 10ml sunflower oil

- Yoghurt 100g (greek low fat) - 50g cottage cheese

- Avocado 50g - 15 ml oil

- Whole Egg - 35g egg white + 1tsp oil





# Useful Charts

Food Group	Low-Fat (less than 3g fat/100g or 1.5g fat/100ml)	Moderate Fat (3 to 17.5g fat/100g or 1.5g to 8.75 fat/100ml)	High Fat (more than 17.5g fat/100g or 8.75g fat /100ml)
<b>Meat (with visible fat removed)</b>	Chicken breast Egg white Turkey Lean pork / ham	Beef extra lean Low-fat sausage Tofu Whole eggs	Beef burgers Chicken with skin Pork belly Salami
<b>Fish</b>	Shellfish (lobster, prawn, or shrimp) White fish (cod or halibut)	Crab Oily fish (salmon trout, mackerel, or sardines)	Fish in cream sauce Fish roe
<b>Fruit / Vegetables</b>	Most fresh fruit and vegetables Fruit juice and smoothies	Olives in brine	Avocado
<b>Dairy</b>	1% milk Skimmed milk Low-fat cottage cheese Low-fat (or fat-free) yogurt	Full cream milk Reduced fat coconut milk Cottage cheese Light cream cheese Greek yogurt	Cream Coffee creamer Full fat cheeses (cheddar, gouda, parmesan, blue, or mozzarella)
<b>Grains / Bread</b>	Bread (white, rolls, rye, or pita) Rice cakes Wheat flour	Specialty breads (focaccias, ciabatta, garlic bread, or flour tortillas) Pizza	Croissants Danish Waffles Cheese scone

Nutrition Facts	
Serving Size 3 pieces (90g)	
Servings Per Container about 3	
Amount Per Serving	
<b>Calories 200</b>	<b>Calories from Fat 50</b>
% Daily Value	
<b>Total Fat 6g</b>	<b>9%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 490mg</b>	<b>20%</b>
<b>Total Carbohydrate 30g</b>	<b>10%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 2g	
<b>Protein 6g</b>	
Vitamin A 4%	Vitamin C 8%
Calcium 0%	Iron 10%

**Serving Size for this product is 3 pieces.**

The number in parenthesis shows the **weight**. One serving weighs 90 grams when using a food scale.

There are 3 servings in the whole package.

**One serving, which is 3 pieces of this product, provides 30 g of carbohydrate.**

Dietary fiber is part of the total carbohydrates. Fiber does not digest so you can subtract the grams of fiber from the total carbohydrate grams.

The grams of sugar are already included in the total carbohydrate count. The natural sugars in milk and fruit, along with added sugars are all grouped together.

# HOW TO **CALCULATE** CALORIES IF YOU KNOW THE **MACROS**

@MEALPREPONFLEEK

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## To Know:

There are 4 calories per gram in protein.

There are 4 calories per gram in carbs.

There are 9 calories per gram in fat.



## Here is an example:

If the macros of a recipe are:

45 grams protein + 14 grams carbs + 14 grams fat

## The math would look like this:

45 grams protein x 4 calories per gram = 180 calories from protein

14 grams carbs x 4 calories per gram = 56 calories from carbs

14 grams fat x 9 calories per gram = 126 calories from fat

## Add them together to get your total calories:

180 calories protein + 56 calories carbs + 126 calories fat = 362 calories total



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# Nutrition & Training Coaching



Interested in personalised nutrition / training  
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Contact me today

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