



The University of Arizona
CATS Team Nutrition
Power Food Switches



INSTEAD OF	SWITCH TO
BEVERAGES Soda, Punch, Kool-aid, Lemonade, Beer, café mocha, Frappaccino	Water, Caffeine/Sugar Free Soda, Fruit Juice, Orange Juice, Apple Juice, Cranberry Juice, V8, milk, chocolate milk
SANDWICHES BLT, Fried chicken, Chicken salad, Egg salad, Grilled cheese, Ham, Salami, Tuna salad with heavy mayo	Turkey (sliced), roasted beef, grilled vegetables, grilled chicken, hummus, tuna with little or no mayo
MEAT, POULTRY, SEAFOOD Hamburger, meat loaf T-bone, rib eye, prime rib Pork chops, ribs Hot dog, bologna, sausage Poultry with skin Fried chicken or fish Chicken thigh, wing	Ground turkey breast, veggie burger Round steak, Sirloin, flank steak Pork tenderloin, lean pork, fat trimmed Fat-free or low-fat hot dog, bologna, sausage Skinless poultry Broiled, grilled, or roasted chicken or fish Chicken breast or drumstick
DAIRY PRODUCTS Whole or 2% Milk Regular yogurt Regular cheese, yellow cheese Regular ice cream Regular cream cheese	1% or Skim Milk Low fat / no fat yogurt Reduced fat or low fat cheese White cheese (string, mozzarella, cottage) Low fat or fat free ice cream or frozen yogurt Light or fat free cream cheese
SWEETS & DESSERTS Cheesecake, cheese Danish, croissant, cinnamon roll, brownie, pie, regular or gourmet ice cream, fudge brownie sundae, doughnut, pound cake, banana bread	Fruit, ice milk, sorbet, juice bar, fudge bar, vanilla wafers, ginger snaps, fig bars, graham crackers, oatmeal raisin cookies
SNACKS Chocolate bar, sandwich crackers, gold fish, potato chips, tortilla chips, ice cream, bugles, popcorn in coconut oil or with added butter	Fruits, vegetables, whole grain crackers, light popcorn, pretzels, baked potato chips, corn chips, rice cakes, popcorn cakes, baked tortilla chips

INSTEAD OF**SWITCH TO****FAST FOOD**

Big Macs, Whoppers, cheeseburgers, French fries, pizza, fried chicken sandwich, fried chicken, chicken nuggets, regular milk shake, pot pie, beef taco, beef burrito, taco salad

Single hamburger (add more ketchup), grilled chicken sandwich, salad with light dressing, chili, baked potato (add chili or light sour cream and veggies), bean burrito, chicken taco or burrito (easy on the cheese and sour cream)

DINNER HOUSES

Hamburgers, cheeseburgers, baby back ribs, chicken fingers, steak fajitas, bacon & cheese grilled chicken sandwich, French fries, loaded potatoes, onion rings, buffalo wings, fried mozzarella sticks, stuffed potato skins

Grilled chicken or seafood, Chicken or vegetable fajitas, Garden Burgers, Grilled chicken salad with light dressing, Pasta with chicken or shrimp and/or vegetables in any non-cream sauce, baked potato (with a tablespoon of sour cream), vegetable of the day, non-cream-based soups

CHINESE RESTURANT FOOD

Moo shu pork, Sweet & sour pork, kung pao chicken, General Tso's chicken, orange crispy beef, fried rice, orange sesame chicken or shrimp

Stir-fried or steamed vegetables, shrimp or chicken with garlic sauce, Hunan or Szechuan shrimp or chicken or tofu, white rice, brown rice

ITALIAN RESTURANT FOOD

Lasagna with meat sauce and lots of cheese, manicotti, eggplant or veal parmigiana, Fettuccine Alfredo, Fried calamari, pizza with meats and heavy cheese

Spaghetti with tomato or meat sauce or olive oil and crushed pepper, linguini with red or white clam sauce, lasagna (easy on cheese and meat), pizza (veggies/fruit, ham, Canadian bacon, blot or remove some cheese)

MEXICAN RESTURANT FOOD

Taco salad, enchilada, beef chimichanga, chile relleno, cheese quesadilla, beef & cheese nachos, beef burrito

Chicken or vegetable fajitas, chicken or bean burrito, chicken taco

SEAFOOD RESTURANT FOOD

Seafood casserole, any fried seafood, baked stuffed shrimp

Any broiled, grilled, blackened, or steamed seafood

RESTURANT BREAKFASTS

Belgian waffles, biscuits & gravy, ham & cheese omelet, sausage, egg-pancake-sausage-bacon platter, Egg McMuffin

Hot or cold cereal, scrambled eggs substitute, hash brown, ham, pancakes(easy on the margarine), toast or bagel with preserves or marmalade, fresh fruit or juice

CONDIMENTS

Butter or margarine, sour cream, mayo, regular dressings

Whipped light butter, lower-fat tub margarine, fat-free or low-fat sour cream, light mayo, light/fat free dressings