

# 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
Cop berries (dried, unsweetened)	1 oz.
Dates	3
Kiwi	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

**JoAnna M. Lund**



## **Healthy Exchanges:**

**Healthy Exchanges Sensational Smoothies** JoAnna M. Lund, 2004-05-31 More information to be announced soon on this forthcoming title from Penguin USA

The Diabetic's Healthy Exchanges Cookbook JoAnna M. Lund, 1996-10-01 Real food for people living in the real world with diabetes Just because you're on a restricted diet doesn't mean you have to be a slave to the bland and boring Now you can eat exciting tantalizing foods control your condition and weight and stay heart healthy all with one comprehensive cookbook JoAnna Lund's Healthy Exchanges works because every one of these recipes must according to her four basic rules be Low in Fat and Sugar A diabetic demands less sugar less fat and lower cholesterol Easy to Make If it takes longer to cook than to eat you won't see it in this book Made from Ordinary Ingredients If you can't find it in a local supermarket you won't find it in this book As Tasty and Good as It Looks If a dish doesn't satisfy every sense the way old family favorites do it won't get eaten no matter how healthy it is The Diabetic's Healthy Exchanges Cookbook features more than 150 kitchen and family tested recipes complete with all diabetic and weight loss exchanges as well as information on calories and fat content plenty of helpful hints and a good dose of encouragement I recommend JoAnna's recipes to my diabetic patients Donna S Conway RN BSN MA CDE Creative fun EASY very tasty my diabetic patients favorites Yvonne Guthrie RD CDE

The Healthy Exchanges Diabetic Desserts Cookbook JoAnna M. Lund, 2003 Accompanied by the latest information on diabetes and pre diabetes this handy cookbook features more than two hundred luscious desserts including cakes puddings pies cookies brownies breads cobblers and cheesecakes all made with little or no fat or sugar Original

Cooking Healthy with a Food Processor JoAnna M. Lund, Barbara Alpert, 2006-09-05 Today's food processing machines are more versatile affordable and easier to use than ever before And now is the time for readers to discover or rediscover the healthy goodness and time saving convenience of their food processors Even the cook who's all thumbs can easily whip up soups such as Easy French Onion Soup vegetables such as Dilled Potato Vegetable Bake main dishes Pork Tenders and Potato Bake even desserts Aloha Carrot Cake or Cheyanne's Peach Crumb Pie The book also features step by step instructions for any kind of food processor easy to find ingredients complete nutritional analysis and diabetic exchanges for every recipe JoAnna's Top Ten Tips for getting the most out of your food processor and lots of advice for stocking the pantry

**Cooking Healthy with the Kids in Mind** JoAnna M. Lund, 2000-06-01 Offers more than two hundred recipes and includes advice on nutrition family fitness handling fussy eaters and healthy snacking and eating out

**Cooking Healthy With Splenda** JoAnna M. Lund, Barbara Alpert, 2004 From soups to desserts more than 200 simple versatile recipes are featured in this cookbook which highlights Splenda the only sweetener approved by the FDA and the Atkins diet Lay flat comb binding

Cooking for Two JoAnna M. Lund, 2006 An all new compilation of more than two hundred two portion recipes includes healthful and delicious salads side dishes entrées soups and desserts along with tips on choosing and using ingredients complete nutritional data and helpful cooking hints Original 50 000 first printing *Baking*

*with Splenda* JoAnna M. Lund, Barbara Alpert, 2005-12-27 Take the Sin out of Cinnamon Rolls From fresh baked bread and biscuits hot from the oven finger licking pies and decadently sweet cobblers to heavenly coffeecakes sinful cheesecakes and gooey chocolate chip cookies JoAnna Lund has accomplished the impossible using Splenda No Calorie Sweetener Whether it's her Peanut Butter Cup Cookies Blueberry Crumble Pie or Cappuccino Cheesecake JoAnna's more than 200 baked goods and desserts are as quick and easy to whip up as they are low in sugar carbs and fat This all new collection also features Baking Plus Recipes for sauces glazes and toppings Special section of recipes using Splenda Sugar Blend for Baking Cooking and baking secrets and tips to get the best results with the least calories and fat Best bet recipes for your bread machine

Cooking Healthy with Soy JoAnna M. Lund, 2005 Using more than two hundred taste tested recipes the author of the Healthy Exchanges cookbook series explains how to incorporate soy into an everyday high protein low carbohydrate dietary program introducing a variety of soups salads vegetable and side dishes main courses desserts breads and breakfast items Original *The Open Road Cookbook* JoAnna M. Lund, Barbara Alpert, 2003-04-01 RVs are becoming a more popular vacation choice than ever as people crave more family time and seek to avoid the anxieties and hassles of air travel And when RVers boaters campers and tailgaters are out on the open road or water they still want healthy home cooking Now with this unique collection by seasoned RVer and million selling cookbook author JoAnna Lund vacationers and retired folks can eat as healthfully on the road as when they're at home Lund sticks to recipes that are both easy to whip up and easy on the sodium fat and calories And she also offers her old hand traveler's survival tips including storage cupboards vs freezers transporting for those potlucks and picnics pre trip food prep grocery shopping to perish or not to perish skillets spatulas and stuff best brands for healthy eating A Potful of Recipes JoAnna M. Lund, Barbara Alpert, 2001-01-01 Featuring an easy to use lay flat binding this Healthy Exchanges cookbook offers a wide range of delicious and nutritious recipes that can be prepared in a slow cooker Original Cooking Healthy with a Pressure Cooker JoAnna M. Lund, Barbara Alpert, 2007-12-04 Healthy recipes for any kind of pressure cooker Whether they're cooked in an old fashioned pressure cooker or a new electronic programmable one delicious dishes are only a few steps away with these Healthy Exchanges' low fat low sugar heavenly creations soup to nuts JoAnna Lund once again proves that healthy eating can and should be finger licking good In addition to approximately 200 quick and easy recipes the book includes Best pressure cooker tips for success How to create a Healthy Exchanges' pantry A Healthy Exchanges' chopping chart for easier preparation JoAnna's Ten Commandments of Successful Cooking How to read a Healthy Exchanges' recipe **String Of Pearls** JoAnna M. Lund, Barbara Alpert, 2002-02-05 In 1994 JoAnna Lund self published her first book *The Healthy Exchanges' Cookbook* with a two thousand dollar loan from her local bank and the determination to bring her message of hope to the countless people seeking to live healthy in the real world Today JoAnna's books total more than one million copies in print and her easy to prepare healthy recipes have won the hearts of home cooks across the country But more than just healthy recipes have attracted this legion of fans to the self proclaimed

Diet Queen of DeWitt Iowa Over the years JoAnna has shared her common folk wisdom through her personal appearances and public lectures her television and radio shows and in her books and newsletter Now that wisdom is distilled in String of Pearls Like pearls the insights revealed in this book are precious each has been polished by hard work and burnished by experience And while each may be beautiful alone when taken together they create a vision of beauty strength and durability Yet String of Pearls is as practical down to earth and full of common sense as JoAnna herself With this book she helps readers feel good about themselves and focus on the truly important and enduring things in their lives **Cooking Healthy with a**

**Microwave** JoAnna M. Lund,2005 An all new compilation of healthful and delicious dishes specifically geared for microwave cooking features more than 240 recipes ranging from Creole Pork Tenders and other main course meals to tempting side dishes and luscious desserts accompanied by tips on ingredients and complete nutritional breakdowns for each recipe Original *Another Potful of Recipes* JoAnna M. Lund,2003 Featuring an easy to use lay flat binding a sequel to A Potful of Recipes offers a wide range of delicious easy to prepare and nutritious recipes that can be prepared in a slow cooker Original

*Pizza Anytime* JoAnna M. Lund,Barbara Alpert,2007-02-06 America s all time favorite food made easy delicious and healthy Pizza Anytime serves up more than 200 recipes from appetizers to main courses and even desserts of America s favorite food pizza Now pizza lovers can enjoy this treat any time of the day From Tex Mex Appetizer Pizzas to filling meals of Irish Potato Crust Pizzas and such dazzling desserts as the Caramel Apple Pizza Pie JoAnna s tasty pies are quick to create and healthy to consume Family & Friends Cookbook JoAnna M. Lund,Barbara Alpert,2005 Presents more than three

hundred delicious and healthful recipes for festive dishes suitable for any special occasion including buffets brunches barbecues and family reunions along with helpful tips on how to cook for a crowd how to adapt a recipe to feed a large group the ten commandments for healthy eating and complete nutritional analyses Original **30 Minutes to Mealtime** JoAnna M. Lund,Barbara Alpert,2007-05-01 Now cooks on the go can prepare tasty convenient meals at home in thirty minutes or less Between work raising children or seeking that mythical me time the home cook can get overwhelmed putting preparation of healthy tasty family fare on the back burner This cookbook makes it faster and cheaper to prepare a complete quick meal at home than to wait for take out Here are 50 complete menus comprised of 200 recipes each of which can be prepared from start to finish in half an hour or less Also included are JoAnna s Ten Commandments of Successful Cooking advice on how to read a recipe and complete nutritional information for every dish **Hot Off the Grill** JoAnna M.

Lund,2004 A new cookbook based on the popular Healthy Exchanges diet plan introduces 150 easy to prepare recipes for the electric grill offering a variety of low salt low fat low sugar dishes including German Grilled Potatoes Egg and Mushroom Sandwiches Fried Apple Rings and Chicken Almondine Salad along with nutritional data recipe variations cooking tips and more Original 25 000 first printing Nutrition in Clinical Practice David L. Katz,2012-03-28 Written by one of America s foremost authorities in preventive medicine Nutrition in Clinical Practice Second Edition is the practical comprehensive

evidence based reference that all clinicians need to offer patients effective appropriate dietary counseling This fully revised edition incorporates the latest studies and includes new chapters on diet and hematopoiesis diet and dermatologic conditions and health effects of coffee chocolate and ethanol Each chapter concludes with concise guidelines for counseling and treatment based on consensus and the weight of evidence Appendices include clinically relevant formulas nutrient data tables patient specific meal planners and print and Web based resources for clinicians and patients

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## **Table of Contents Healthy Exchanges**

1. Understanding the eBook Healthy Exchanges
  - The Rise of Digital Reading Healthy Exchanges
  - Advantages of eBooks Over Traditional Books
2. Identifying Healthy Exchanges
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Healthy Exchanges
  - User-Friendly Interface
4. Exploring eBook Recommendations from Healthy Exchanges

- Personalized Recommendations
- Healthy Exchanges User Reviews and Ratings
- Healthy Exchanges and Bestseller Lists
- 5. Accessing Healthy Exchanges Free and Paid eBooks
  - Healthy Exchanges Public Domain eBooks
  - Healthy Exchanges eBook Subscription Services
  - Healthy Exchanges Budget-Friendly Options
- 6. Navigating Healthy Exchanges eBook Formats
  - ePub, PDF, MOBI, and More
  - Healthy Exchanges Compatibility with Devices
  - Healthy Exchanges Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Healthy Exchanges
  - Highlighting and Note-Taking Healthy Exchanges
  - Interactive Elements Healthy Exchanges
- 8. Staying Engaged with Healthy Exchanges
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Healthy Exchanges
- 9. Balancing eBooks and Physical Books Healthy Exchanges
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Healthy Exchanges
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Healthy Exchanges
  - Setting Reading Goals Healthy Exchanges
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Healthy Exchanges



- Fact-Checking eBook Content of Healthy Exchanges
- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
- 14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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