NUTRITION

Food Substitutions & Caloric/Macro Values

Use this reference sheet to easily switch out macro sources while maintaining your daily targets for calories, proteins, carbohydrates, and fats.

FATTY PROTEINS

4oz each

FOOD	CALORIES	PROTEIN (g)	FATS (g)
Ground Turkey (93/7)	160	22	8
Ground Beef (93/7)	170	23	8
Boneless Chicken Thighs	208	26	11
Salmon	164	25	7
Pork Chop	164	24	7
NY Strip Steak	140	24	5

LEAN PROTEINS

4oz each

FOOD	CALORIES	PROTEIN (g)	FATS (g)
Chicken Breast	124	26	1.5
Lean Ground Chicken Breast	120	26	3.5
Tilapia	108	23	2
Ground Turkey (99/1)	120	26	1.5
Egg Whites (1 cup)	126	27	.5
Chicken/Turkey Deli Meat	116	19.5	2
Cod	112	20	3
Tuna (1 can/ 113g)	90	20	1

CARBOHYDRATES

Measurements vary (measure POST-COOKED)

FOOD	CALORIES	CARBS (g)	SUGAR (g)
White Rice (1/2 cup)	105	22	<1
Brown Rice (1/2 cup)	105	22	<1
Jasmine Rice (1/2 cup)	105	22	<1
White potato (4oz)	108	24	2
Sweet Potato (4oz)	104	24	6
Pasta (0.5 cup)	110	22	<1
Oatmeal (quaker instant- 1 packet)	130	27	9
6in Tortilla (flour)	94 (2g of fats)	15	<1
4in Tortilla (corn)	23	5	1
Quinoa (1/2 cup)	114	21	0
Black Beans (1/2 cup)	110 (7g of protein)	20	0

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FATS

Measurements vary

FOOD	CALORIES	FATS (g)	PROTEIN (g)	CARBS (g)
Avocado (100g)	160	15	2	8
Almonds (1oz)	164	14	6	6
Cashews (1oz)	157	12.5	5	9
Pecans (1oz)	196	20	3	4
American Cheese (1 slice/oz)	96	7.5	5	2
Swiss Cheese (1 slice)	106	8	7.5	1.5
Peanut Butter (2 tbsp)	190	16	7	8

VEGETABLES

Unlimited and Interchangeable at **ANY TIME**

Broccoli	Onions	Asparagus	Celery	Cauliflower	Any Lettuce
Zucchini	Cucumbers	Any Peppers	Tomatoes	Mushrooms	Squash
Pickles	Salsa	Spinach	Brussel Sprouts	Okra	Kale
Cabbage	Arugula	Eggplant	Watercress		

FRUIT

Weight/Measurements vary (similar calories with different weight/amount)

FOOD	CALORIES	CARBS (g)	SUGAR (g)
Blueberries (150g)	86	22	14
Raspberries (160g)	83	19	7
Strawberries (260g)	83	20	12
Blackberries (200g)	86	19	10
Banana (90g)	80	20	11
Apple (160g)	83	22	17
Pineapple (180g)	86	23	17
Oranges (180g)	85	21	17
Watermelon (280g)	84	21	17
Kiwi (140g)	86	20.5	12.5

TIPS:

- Measure everything POST-COOKED if applicable
- Almost everything within the same chart is a 1-for-1 swap
- Pay close attention to the weight/measurements of the food items
- Notice the Vegetable section allows UNLIMITED consumption
    - Substitute any vegetables from this list for any meal
    - Add more vegetables to your diet
    - Treat vegetables as snacks

NUTRITION

Have a question? Ask your Nutrition Coach on the My PT Hub app!

CG Nutrition consists of general nutritional information regarding healthy eating habits and is not a substitute for individual or personalized medical advice. Do not use ingredients if you know or suspect that you may be allergic. For additional information, please visit the CG Nutrition Terms.