NUTRITION

Ingredient Substitution Ideas

Use this reference sheet to easily substitute one ingredient for another ingredient with similar caloric and macro values.

Instructions: Using one row and one category at a time, interchange one ingredient for another ingredient from the same row. Different rows and different categories do not have the same caloric and macro values and should not be substituted. For example, a 4oz lean protein can be substituted for 1 cup of egg whites. However, 1 cup of egg whites cannot be substituted for 1 rice cake.

PROTEINS

INGREDIENT	PROTEIN (g)	FATS (g)	CALORIES
1 Protein Scoop	25	1	110
4oz Lean Protein	23	2	120
1 Cup Egg Whites	26	<1	126
1.5oz Plain Beef Jerky	21	1.5	120

CARBOHYDRATES

INGREDIENT	CARBS (g)	FATS (g)	CALORIES
1 Rice Cake	11	1	50
150g Strawberries	12	1	50
¼ Cup Rice	11	1	50
1 Slice of Bread	12	3	60
50g Banana	11.5	0.5	45
80g Blueberries	12	0.5	46
¼ Cup of Dry Oatmeal	12.5	3	72

PROTEINS WITH FATS

INGREDIENT	PROTEIN (g)	FATS (g)	CALORIES
3 Large Eggs	19	15	220
1oz Almonds & ½ Scoop Protein	18.5	14.5	215

CARBS WITH FATS

FOOD	PROTEIN (g)	CARBS (g)	FATS (g)	CALORIES
2 TBSP of Peanut Butter	8	6	16	190
1oz of Almonds	6	5.5	15	165
110g of Avocado	2	9	16	175
1 Bagel	10	56	2	280
3 Slices of Bread & 90g Banana	10	56.5	3	280
1 Cup of Rice & 70g of Grapes	5	57	0.5	255
1 Greek Yogurt & 100g Banana & 300g Strawberries	15	55	1	265

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

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