

A stack of pancakes is the central focus, topped with fresh fruit like strawberries and kiwi, and drizzled with a golden syrup. The background is dark and slightly blurred, showing more food items like a bowl of fruit and another stack of pancakes.

# **54 EASY FAT LOSS FOOD SWAPS**

# DISCLAIMER

This infographic is a quick reference guide to find lower calorie options for common foods, snacks & meals. Just because the foods on the left are higher in calories doesn't mean they're bad or should be completely avoided. All foods can fit into our diets. Use this guide to help lower your daily food intake & lose weight.



**SWAP THIS**



**ICE CREAM**  
**207 CALORIES PER**  
**100G**



**FOR THIS**



**SORBET**  
**110 CALORIES PER 100G**

**SWAP THIS**



**BREAD**  
**98 CALORIES** PER SLICE

**FOR THIS**



**SANDWICH THINS**  
**90 CALORIES** IN BOTH  
SIDES

**SWAP THIS**



**GRANOLA**  
**471 CALORIES PER**  
**100G**



**FOR THIS**



**BRAN FLAKES**  
**324 CALORIES PER 100G**



**SWAP THIS**



**FOR THIS**



**LAGER**  
**145 CALORIES PER 330ML**

**BUD LIGHT**  
**135 CALORIES PER 330ML**



**SWAP THIS**



**FOR THIS**



**RED WINE**  
**211 CALORIES** PER 250ML



**PROSECCO /**  
**CHAMPAGNE**  
**80 CALORIES** PER 250ML

**SWAP THIS**



**CIDER**  
**210 CALORIES PER**  
**500ML**



**FOR THIS**



**SPIRIT**  
**200 CALORIES PER**  
**DOUBLE SHOT**

**SWAP THIS**



**RIBEYE STEAK**  
**665 CALORIES PER**  
**225G STEAK**



**FOR THIS**



**SIRLOIN STEAK**  
**549 CALORIES PER**  
**225G STEAK**



**SWAP THIS**



**FRIED CHICKEN**  
**230 CALORIES** PER  
**CHICKEN THIGH**



**FOR THIS**



**CHICKEN THIGH**  
**117 CALORIES** PER  
**CHICKEN THIGH**



**SWAP THIS**

**FOR THIS**

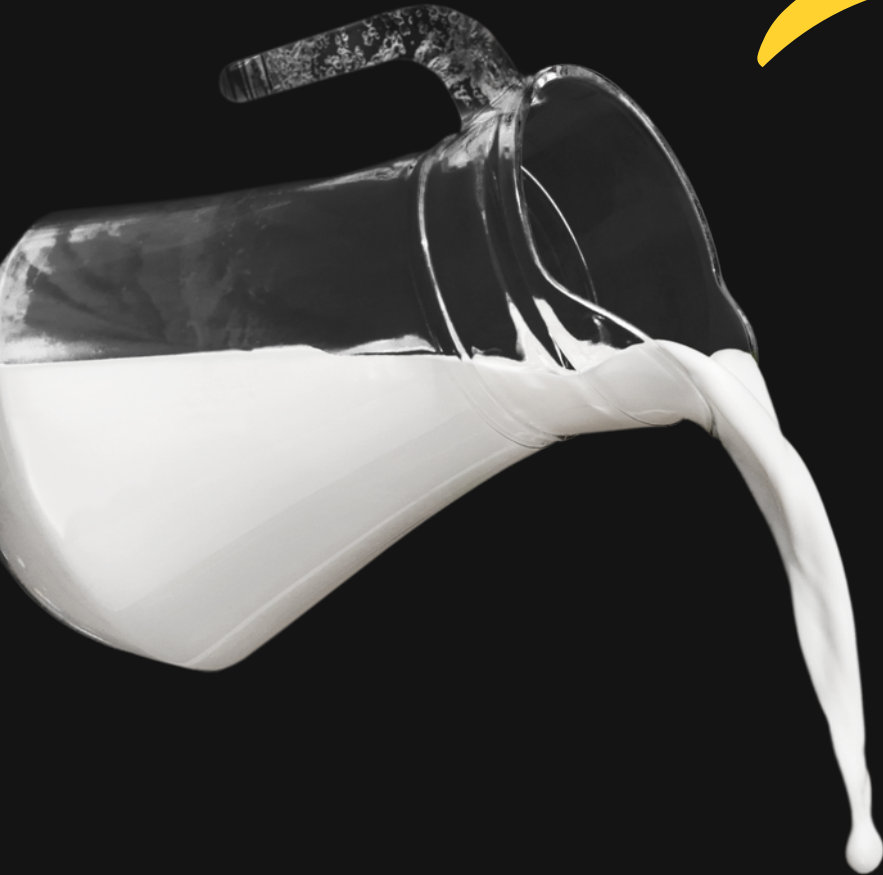


**SALMON**  
**208 CALORIES PER**  
**100G**



**COD**  
**82 CALORIES PER**  
**100G**

**SWAP THIS**



**MILK**  
**52 CALORIES** PER  
100ML SEMI-  
SKIMMED MILK



**FOR THIS**



**ALMOND MILK**  
**24 CALORIES** PER  
100ML

**SWAP THIS**



**FOR THIS**



**FULL-FAT SODA**  
**138 CALORIES PER**  
**CAN**



**SUGAR-FREE SODA**  
**0 CALORIES PER CAN**

**SWAP THIS**



**FOR THIS**



**LATTE**  
**190 CALORIES** PER  
MEDIUM DRINK



**CORTADO**  
**90 CALORIES** PER  
DRINK



**SWAP THIS**



**FOR THIS**



**CAPPUCCINO**  
**92 CALORIES** IN A  
**MEDIUM DRINK**



**WHITE AMERICANO**  
**15 CALORIES** PER  
**MEDIUM DRINK**

**SWAP THIS**



**OLIVE OIL**  
**40 CALORIES** PER  
SERVING



**FOR THIS**



**COOKING SPRAY**  
**1 CALORIE** PER  
SERVING

**SWAP THIS**



**FOR THIS**



**LAMB MINCE**  
**282 CALORIES** PER  
**100G**



**TURKEY MINCE**  
**203 CALORIES** PER  
**100G**





**SWAP THIS**



**PORK SAUSAGES**  
**268 CALORIES** PER  
100G



**FOR THIS**



**CHICKEN SAUSAGES**  
**172 CALORIES** PER  
100G



**SWAP THIS**



**FOR THIS**



**STREAKY BACON**  
**541 CALORIES PER**  
**100G**



**BACON EYE**  
**99 CALORIES PER**  
**100G**

**SWAP THIS**



**TRAIL MIX**  
**462 CALORIES** PER  
**100G**

**FOR THIS**



**MIXED BERRIES**  
**76 CALORIES** PER  
**100G**



# SWAP THIS



# FOR THIS



**SPAGHETTI**  
**158 CALORIES PER**  
**100G**



**COURGETTI**  
**17 CALORIES PER**  
**100G**

**SWAP THIS**



**MAYONNAISE**  
**94 CALORIES** PER  
TBSP

**FOR THIS**



**CHEESE SPREAD**  
**34 CALORIES** PER  
TBSP



**SWAP THIS**



**PEANUT BUTTER**  
**94 CALORIES PER**  
**TBSP**



**FOR THIS**



**POWDERED PEANUT**  
**BUTTER**  
**23 CALORIES IN TBSP**

**SWAP THIS**



**BURGER**  
**294 CALORIES** PER  
100G

**FOR THIS**



**NAKED BURGER**  
**190 CALORIES** PER  
100G

**SWAP THIS**



**FOR THIS**



**BEN&JERRIES**  
**1000 CALORIES PER**  
**TUB**



**HALO TOP ICE CREAM**  
**320 CALORIES PER**  
**TUB**



**SWAP THIS**

**FOR THIS**



**MARS BAR**  
**230 CALORIES** PER  
BAR

**INDIVIDUAL KITKAT**  
**104 CALORIES** PER  
BAR

**SWAP THIS**



**FOR THIS**



**CRISPS**  
**536 CALORIES PER**  
**100G**



**BAKED CRISPS**  
**436 CALORIES PER**  
**100G**

**SWAP THIS**



**CHEDDAR CHEESE**  
**402 CALORIES** PER  
100G

**FOR THIS**



**SWISS CHEESE**  
**380 CALORIES** PER  
100G



**SWAP THIS**



**BRIE**  
**334 CALORIES PER**  
**100G**



**FOR THIS**



**MOZZARELLA**  
**280 CALORIES PER**  
**100G**

**SWAP THIS**



**SALAMI**  
**336 CALORIES PER**  
**100G**



**FOR THIS**



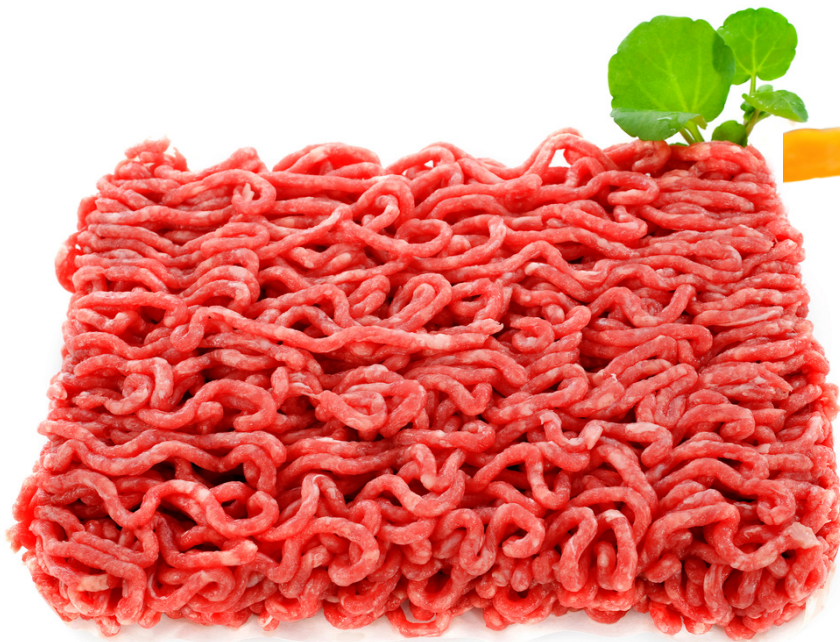
**HAM**  
**145 CALORIES PER**  
**100G**



**SWAP THIS**



**FOR THIS**



**20% BEEF MINCE**  
**254 CALORIES PER**  
**100G**



**QUORN**  
**105 CALORIES PER**  
**100G**



**SWAP THIS**



**FRUIT JUICE**  
**46 CALORIES PER**  
**100ML**



**FOR THIS**



**50/50 FRUIT JUICE TO WATER**  
**23 CALORIES PER 100ML**

**SWAP THIS**



**PIZZA**  
**266 CALORIES PER**  
**100G**



**FOR THIS**



**WRAP-PIZZA**  
**278 CALORIES FOR**  
**THE WHOLE PIZZA**

**SWAP THIS**



**FISH FINGERS**  
**249 CALORIES** PER  
100G



**FOR THIS**



**LIGHTLY DUSTED FISH**  
**142 CALORIES** PER  
100G



**SWAP THIS**



**POTATOES**  
**77 CALORIES PER**  
**100G**

**FOR THIS**



**BUTTERNUT SQUASH**  
**45 CALORIES PER**  
**100G**

**SWAP THIS**



**MILKSHAKE**  
**350 CALORIES** FOR  
THE WHOLE SHAKE



**FOR THIS**



**PROTEIN SHAKE**  
**220 CALORIES** FOR  
THE WHOLE SHAKE

**SWAP THIS**



**HOT CHOCOLATE**  
**194 CALORIES PER**  
**CUP**



**FOR THIS**



**OPTIONS HOT**  
**CHOCOLATE**  
**44 CALORIES PER CUP**



**SWAP THIS**



**FOR THIS**



**CHICKEN KORMA**  
**1249 CALORIES** PER  
DISH



**CHICKEN BUHNA**  
**396 CALORIES** PER  
DISH

**SWAP THIS**



**FOR THIS**



**TIKKA MASALA**  
**768 CALORIES** PER  
DISH



**TANDOORI CHICKEN**  
**265 CALORIES** PER  
DISH (NO RICE)



**SWAP THIS**

**FOR THIS**



**NAAN BREAD**  
**317 CALORIES** PER  
MED NAAN

**POPADOM**  
**37 CALORIES** PER  
MED POPADOM



**SWAP THIS**



**BUTTER**  
**102 CALORIES PER**  
**TBSP**



**FOR THIS**



**SPREAD**  
**63 CALORIES PER**  
**TBSP**

**SWAP THIS**



**SNICKERS**  
**229 CALORIES PER**  
**BAR**

**FOR THIS**



**MALTEASERS**  
**186 CALORIES PER**  
**BAG**

**SWAP THIS**



**TWIX BAR**  
**291 CALORIES PER BAR**

**FOR THIS**



**MILKWAY**  
**97 CALORIES PER BAR**



**SWAP THIS**



**COOKIES**  
**80 CALORIES** PER  
**COOKIE**



**FOR THIS**



**RICH TEA**  
**36 CALORIES** PER  
**BISCUIT**

**SWAP THIS**



**FOR THIS**



**SOUR CREAM**  
**193 CALORIES PER**  
**100G**

**GREEK YOGURT**  
**59 CALORIES PER**  
**100G**

**SWAP THIS**



**CINEMA POPCORN**  
**526 CALORIES** PER  
100G



**FOR THIS**



**PROPERCORN**  
**436 CALORIES** PER  
100G



**SWAP THIS**



**PLAN WRAP**  
**193 CALORIES PER**  
**LARGE WHITE WRAP**

**FOR THIS**



**PLAIN TACO**  
**50 CALORIES PER**  
**TACO SHELL**

**SWAP THIS**



**MARGARITA**  
**200 CALORIES** PER  
COCKTAIL



**FOR THIS**



**MARTINI**  
**120 CALORIES** PER  
COCKTAIL

**SWAP THIS**



**FOR THIS**



**MAGNUM**  
**280 CALORIES PER**  
**LOLLY**



**SOLERO**  
**100 CALORIES PER**  
**LOLLY**



**SWAP THIS**



**FOR THIS**



**CHIPS**  
**357 CALORIES** PER  
100G



**ROASTED CUBED POTATO**  
**77 CALORIES** PER 100G

**SWAP THIS**



**AMERICAN  
PANCAKES**  
**225 CALORIES PER  
100G**

**FOR THIS**



**BANANA & EGG  
PANCAKES**  
**115 CALORIES PER 100G**



**SWAP THIS**



**RANCH DRESSING**  
**73 CALORIES** PER  
TBSP



**FOR THIS**



**BALSAMIC VINEGAR**  
**14 CALORIES** PER  
TBSP



**SWAP THIS**



**FOR THIS**



**REGULAR BAGEL**  
**245 CALORIES PER**  
**BAGEL**



**BAGEL THIN**  
**129 CALORIES PER**  
**BAGEL**

**SWAP THIS**

**FOR THIS**



**BURGER**  
**295 CALORIES PER**  
**100G**

**CHICKEN BURGER**  
**283 CALORIES PER**  
**100G**



**SWAP THIS**



**FRAPPE**  
**510 CALORIES PER**  
**DRINK**



**FOR THIS**



**ICED COFFEE**  
**0 CALORIES PER**  
**DRINK (NO MILK)**



**SWAP THIS**



**SHOP-BOUGHT  
SMOOTHIE  
78 CALORIES PER  
100G**

**FOR THIS**



**BERRY SMOOTHIE  
58 CALORIES PER  
100G**

If you're a motivated female looking to shred a stone+ of fat in the next 90-days then my new transformation program might just be perfect for you

**DM me @the\_primalcoach with the word "transform" & I'll send you all the info over**