



My25's Starches & Proteins Substitutions

The Person-Centered Way



(When substituting, always follow your organization's guidelines re: noting the substitution.)

As often as possible, fill your plate with ¼ lean protein, ¼ healthy starches, and ½ vegetables (or make that ¼ vegetables and ¼ fruit).



Within each of the blocks below, you may substitute any of the other foods noted in that same block, filling the plate as noted above. Additionally, any food with an asterisk* indicates a low net carbohydrate food that most health care professionals advocate, particularly for people with diabetes.



starches
(higher carbohydrates & lower fiber)

- White rice
- Enriched pasta/orzo
- Ramen
- Baked potatoes (no skin)
- Frozen potatoes (such as French fries or tater tots)
- Tortillas, corn or flour
- Corn bread
- Hamburger or hot dog bun
- White bread



starches
(higher carbohydrates & higher fiber)

- 100% Whole grain, whole wheat pasta*
- Red potatoes with skin on*
- Brown rice
- Baked beans*
- Polenta (corn meal)
- Couscous*
- Bulgur (cracked wheat)*
- Oats
- Whole wheat dinner rolls, bread, hamburger or hot dog bun



starches
(lower carbohydrates & higher fiber)

- Beans (such as pinto, black, kidney)*
- Sweet Potatoes with skin on
- Quinoa*
- Buckwheat*
- Freekeh*
- Barley



lean proteins
(lower calories & lower fat)

- Chicken breast, skinless
- Fish, no breading (such as tilapia, Pollock or whiting)



lean proteins
(lower calories & lowish fat)

- Ground turkey
- Pork loin
- Chicken thighs, skinless
- Tuna
- Eggs



lean proteins
(medium calories & medium fat)

- Turkey hot dogs
- Turkey sausage (from roll)
- Fish, breaded
- Chicken nuggets



lean proteins
(higher calories & higher fat)

- Ground beef
- Pork sausage (from roll)
- Ham