



# Food Substitution Lists

## What is a food substitution list?

A food substitution list is a pre-approved list of food items that a senior nutrition program staff or manager may select from to change menu items at short notice without additional permission from a Registered Dietitian or other staff. This process could be considered if it is allowed within your state or local policies. The substitution list would show that meals still meet the Dietary Reference Intakes (DRIs) and Dietary Guidelines for Americans (DGAs).

Some examples of when this might be helpful include; a food item on the menu is out of stock or did not arrive in deliveries that day, needing to use leftover food items from prior days to reduce food waste, giving choice and options to participants, and meeting taste and ethnic needs of participants.

To get started, a Registered Dietitian (RD) makes and signs a food substitution list prior to use. The RD or other staff train meal site staff on how to use the list. Then, meal sites use and document substitutions when they are made for future monitoring.

## Sample Food Group Substitution Introduction

On the following pages you will find an example of a food substitution list. Menu items that are within each table's food group may be substituted 1:1 for each other when necessary. When substituting menu items, it is important to also follow the portion sizes listed. For example, if your menu lists  $\frac{1}{2}$  cup of cooked green beans and you do not have any in stock, you may go to the vegetable table and select any available option to substitute for the green beans in the portion size listed.

## Sample Food Group Substitution

Fruit	Appropriate Substitutions for 1 Serving
	1 small apple
	½ cup unsweetened applesauce
	4 dried apple rings
	½ cup canned apricots
	4 fresh apricots
	1 extra-small banana
	½ cup canned peaches
	½ cup canned pears
	½ cup canned mandarin oranges
	½ cup canned fruit cocktail
	1 cup blackberries
	¾ cup blueberries
	½ cup canned cherries
	1 cup cantaloupe, diced
	12 fresh cherries
	3 small dates
	2 T dried fruit (blueberries, cherries, cranberries, raisins)
	8 dried apricot halves
	3 small dried figs
	2 medium fresh figs
	½ large grapefruit
	¾ cup grapefruit, canned
	17 small grapes
	1 cup honeydew melon, diced
	½ cup kiwi, sliced
	½ small mango
	1 medium nectarine
	1 medium orange
	1 cup papaya, cubed
	1 medium peach
	½ large pear
	½ cup pineapple, canned
	1 cup watermelon, diced
	¾ cup fresh pineapple, diced
	½ cup plums, canned
	3 dried plums
	1 1/4 cup strawberries
	1 Cup raspberries
	1 large tangerine
	1/3 cup fruit juice blends, 100%
	½ cup orange, grapefruit, pineapple, pomegranate, apple juice
	1/3 cup prune, grape juice

<b>Dairy</b>	<b>Appropriate Substitutions for 1 Serving</b>
	8 oz milk
	½ cup evaporated milk
	2/3 cup yogurt (Greek or regular)
	8 oz soy milk
	8 oz chocolate milk
	1 ½ cup tofu
	1 cup calcium fortified orange juice
	2 cups cottage cheese

<b>Protein</b>	<b>Appropriate Substitutions for 1 oz Equivalents</b>
	1 oz beef: ground, steak, roast, ribs, etc.
	1 oz pork: ham, tenderloin, chop, cutlet, etc.
	1 oz seafood: tuna, salmon, cod, shrimp, etc.
	1 oz chicken: breast, fried
	1 oz deli meat
	1 oz turkey: ground
	1 oz lamb: ground, roast
	1 oz game meat: venison, buffalo, etc.
	1 whole eggs or ¼ cup egg substitute or 2 egg whites
	¼ cup cottage cheese or ricotta cheese
	½ cup beans, canned (black, garbanzo, lima, refried)
	1/3 cup baked beans, canned
	½ cup lentils, canned
	½ cup edamame
	1 T peanut butter
	26 pistachios
	6 cashews or almonds
	10 peanuts
	1 oz bacon (2 slices)
	1 oz sausage: links, ground, polish
	1 oz turkey bacon (3 slices)
	1 oz Canadian bacon
	1 oz beef jerky
	1 oz cheese: American, cheddar, swiss, colby
	1 hot dog
	1 oz bologna, salami, pastrami

<b>Vegetables</b>	<b>Appropriate Substitutions for 1 Serving</b>
	½ cup broccoli, cooked, or 1 cup raw
	½ cup cauliflower, cooked or 1 cup raw
	½ cup brussels sprouts, cooked
	½ cup kale, cooked or 1 cup raw
	½ cup cabbage, steamed
	½ cup spinach, cooked or 1 cup raw
	½ cup coleslaw
	½ cup beans, cooked (green, wax)
	½ cup zucchini, cooked
	½ cup mixed vegetables
	½ cup beets, cooked
	½ cup radishes, raw
	½ cup yellow squash, cooked
	1 cup tomato slices or ½ cup tomato juice
	½ cup sugar snap peas, cooked
	½ cup peppers, coked
	½ cup snow peas, coked
	1 cup romaine lettuce
	1 cup spring mix lettuce
	1 cup cucumber slices
	¾ cup hominy
	½ cup carrots, cooked or 1 cup raw
	1 cup celery, raw
	½ cup mushrooms, coked
	¼ large baked potato or sweet potato
	1 cup acorn or butternut squash
	¾ cup pumpkin puree
	½ cup artichoke, cooked
	½ cup asparagus, cooked
	½ cup eggplant
	½ cup jicama
	½ cup onions
	½ cup rutabaga
	½ cup turnips,
	½ cup water chestnuts
	½ cup corn
	4 in corn on the cob
	1/2 cup parsnips
	½ cup peas, cooked
	½ cup mashed potatoes

<b>Grain</b>	<b>Appropriate Substitutions for 1 oz Equivalent</b>
	1/3 cup quinoa, millet, couscous, barley
	½ cup bulgur
	½ cup polenta
	½ cup wild rice
	1/3 cup rice (white, brown)
	½ cup tabbouleh
	1/3 cup pasta (white or whole wheat)
	¼ large bagel
	1 small tortilla (corn, white or whole wheat)
	1 ½ oz cornbread
	½ English muffin
	1 small roll
	1/3 cup stuffing
	½ hamburger bun
	1 biscuit
	1 slice bread (white, whole grain, French, sourdough, etc.)

Dietitian Signature: \_\_\_\_\_

Date: \_\_\_\_\_

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