



## Swap Smart:

# HEALTHIER ALTERNATIVES TO ULTRA-PROCESSED FOODS



Chocolate chip cookies	Almond flour chocolate chip cookies <a href="https://www.drberg.com/blog/keto-friendly-chocolate-chip-cookies">https://www.drberg.com/blog/keto-friendly-chocolate-chip-cookies</a>
Chips	Baked almond flour sour cream chips <a href="https://www.drberg.com/keto-recipes/keto-sour-cream-chips">https://www.drberg.com/keto-recipes/keto-sour-cream-chips</a>
Chocolate cake	Homemade low-carb chocolate coconut cake <a href="https://www.drberg.com/keto-recipes/keto-earth-shaking-cake">https://www.drberg.com/keto-recipes/keto-earth-shaking-cake</a>
Pop tarts	Homemade yeast bread topped with nut butter and fruits <a href="https://www.drberg.com/keto-recipes/keto-yeast-bread">https://www.drberg.com/keto-recipes/keto-yeast-bread</a>
Muffins	Homemade lemon blueberry muffins <a href="https://www.drberg.com/keto-recipes/keto-lemon-blueberry-muffins-recipe">https://www.drberg.com/keto-recipes/keto-lemon-blueberry-muffins-recipe</a>
Donuts	Low-carb cinnamon churros <a href="https://www.drberg.com/keto-recipes/churros">https://www.drberg.com/keto-recipes/churros</a>
Ice cream	Chocolate coconut milk ice cream <a href="https://www.drberg.com/keto-recipes/chocolate-coconut-milk-ice-cream">https://www.drberg.com/keto-recipes/chocolate-coconut-milk-ice-cream</a>
Flavored yogurt	Low-carb lime and coconut yogurt <a href="https://www.drberg.com/keto-recipes/keto-lime-and-coconut-yogurt-snacks">https://www.drberg.com/keto-recipes/keto-lime-and-coconut-yogurt-snacks</a>
Chocolate	Dark chocolate with 85% cocoa
Soda	Carbonated water flavored with lemon and stevia

Chocolate drinks	Low-carb hot cocoa <a href="https://www.drberg.com/keto-recipes/keto-hot-chocolate">https://www.drberg.com/keto-recipes/keto-hot-chocolate</a>
Instant potatoes	Cauliflower mash
Pasta	Homemade egg noodles <a href="https://www.drberg.com/keto-recipes/keto-egg-noodles">https://www.drberg.com/keto-recipes/keto-egg-noodles</a>
Granola	Mixed nuts
Breakfast waffles	Homemade almond flour waffles <a href="https://www.drberg.com/keto-recipes/amazing-keto-waffles-recipe">https://www.drberg.com/keto-recipes/amazing-keto-waffles-recipe</a>
Crackers	Almond flour crackers <a href="https://www.drberg.com/keto-recipes/keto-almond-flour-crackers-recipe">https://www.drberg.com/keto-recipes/keto-almond-flour-crackers-recipe</a>
Biscuits	Homemade cheesy biscuits <a href="https://www.drberg.com/keto-recipes/keto-cheesy-biscuits">https://www.drberg.com/keto-recipes/keto-cheesy-biscuits</a>
Mac and cheese	Cauliflower mac and cheese <a href="https://www.drberg.com/keto-recipes/cauliflower-mac-and-cheese-with-sausage">https://www.drberg.com/keto-recipes/cauliflower-mac-and-cheese-with-sausage</a>
French fries	Crispy zucchini fries <a href="https://www.drberg.com/keto-recipes/keto-zucchini-fries-recipe">https://www.drberg.com/keto-recipes/keto-zucchini-fries-recipe</a>
Snack bars	Homemade chocolate protein bars <a href="https://www.drberg.com/keto-recipes/homemade-protein-bars">https://www.drberg.com/keto-recipes/homemade-protein-bars</a>
Salad dressings	Low-carb red wine vinaigrette <a href="https://www.drberg.com/keto-recipes/red-wine-vinaigrette">https://www.drberg.com/keto-recipes/red-wine-vinaigrette</a>
Margarine	Grass-fed butter
Fish fingers	Homemade fried fish in pork rind coating <a href="https://www.drberg.com/keto-recipes/fried-fish">https://www.drberg.com/keto-recipes/fried-fish</a>
Hot dogs	Organic hot dog and sauerkraut scramble <a href="https://www.drberg.com/keto-recipes/sauerkraut-hot-dog-scramble">https://www.drberg.com/keto-recipes/sauerkraut-hot-dog-scramble</a>
Fast food burgers	Cheeseburger casserole <a href="https://www.drberg.com/keto-recipes/keto-cheeseburger-casserole-recipe">https://www.drberg.com/keto-recipes/keto-cheeseburger-casserole-recipe</a>
Instant soups	Chicken noodle soup <a href="https://www.drberg.com/keto-recipes/chicken-keto-noodle-soup">https://www.drberg.com/keto-recipes/chicken-keto-noodle-soup</a>
Chicken nuggets	Homemade baked popcorn chicken <a href="https://www.drberg.com/ketogenic-diet-meals-recipes/lunch_dinner/keto-popcorn-chicken">https://www.drberg.com/ketogenic-diet-meals-recipes/lunch_dinner/keto-popcorn-chicken</a>
Frozen pizza	Cauliflower crust pizza <a href="https://www.drberg.com/ketogenic-diet-meals-recipes/lunch_dinner/simple-keto-cauliflower-pizza-crust-recipe">https://www.drberg.com/ketogenic-diet-meals-recipes/lunch_dinner/simple-keto-cauliflower-pizza-crust-recipe</a>

# Dr. Berg's Junk Food Meter

The Junk Food Meter makes it easy to uncover the amount of junk food ingredients in your diet—no food science degree required. Scan a barcode, and the app will do the rest!

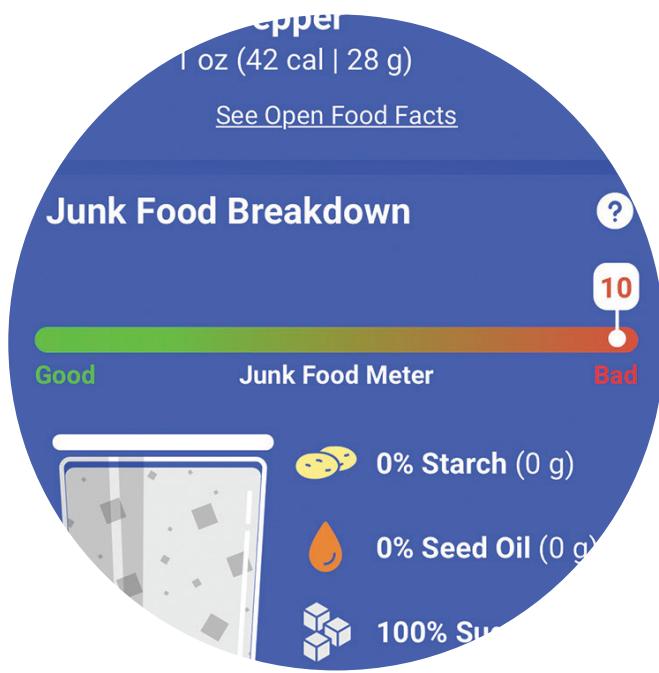
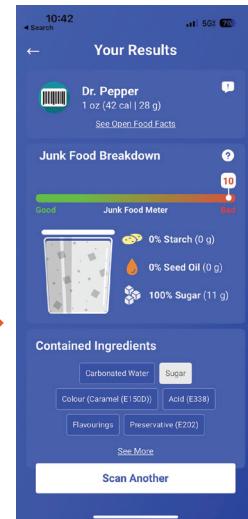


## Step 1

Scan food items in pantry, refrigerator, or grocery store

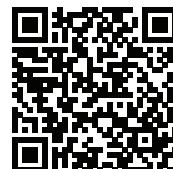
## Step 2

See results



## Step 3

Observe rating scale to find actual food without UPF ingredients and then click to find food replacements



[Download the app now](#)