



Dr. Berg®

THE KNOWLEDGE DOC®

Swap Smart:

HEALTHIER ALTERNATIVES TO ULTRA-PROCESSED FOODS



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

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

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!

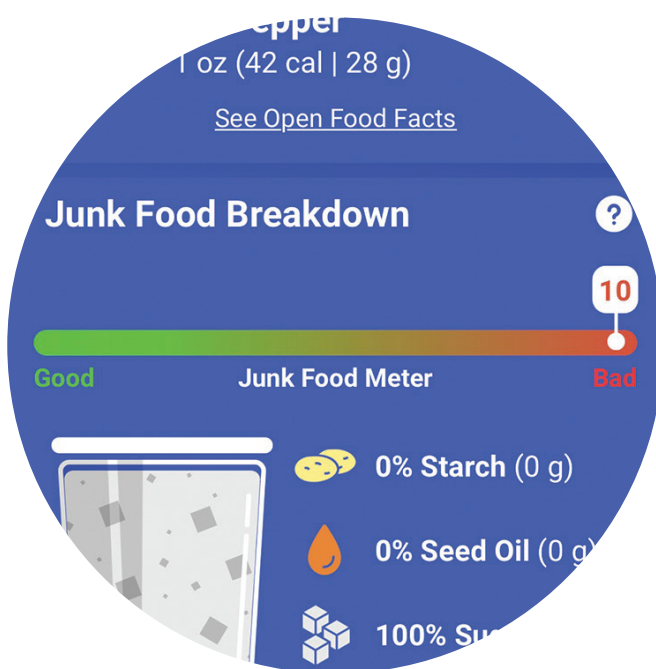
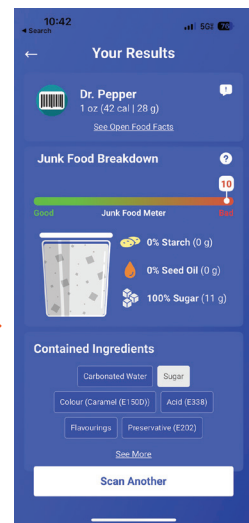
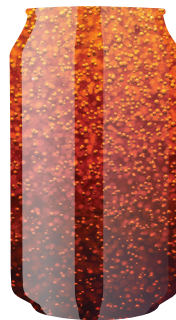


Step 1

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](#)