



Dr. Berg[®]

THE KNOWLEDGE DOC[®]

SWAP SMART: HEALTHIER ALTERNATIVES TO UPFS





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/keto-recipes/keto-popcorn-chicken-recipe |
| Frozen pizza | Cauliflower crust pizza https://www.drberg.com/ketogenic-diet-meals-recipes/lunch_dinner/simple-keto-cauliflower-pizza-crust-recipe |

Continue Your Health Journey, Wherever You Are

Explore our free apps and website for wellness tools at your fingertips

4.8
★ 2.57K

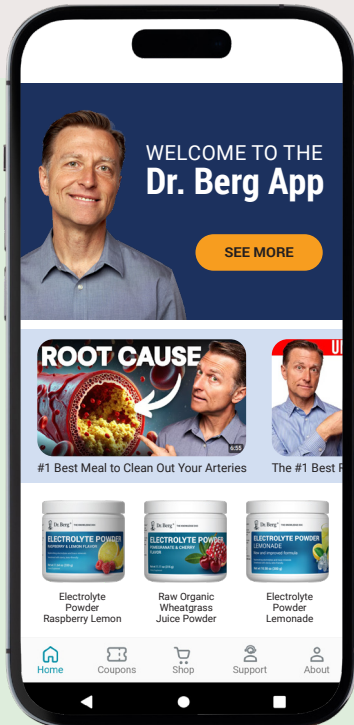
Dr. Berg Junk Food Meter

Make informed food choices
with the tap of a button

The Dr. Berg Junk Food Meter app helps you spot harmful ingredients, ultra-processed additives, and hidden sugars—right from your phone.

Download on the
App Store

GET IT ON
Google Play



5.0
★ 2.46K

The Official Dr. Berg App

Expert health insights,
always within reach

Your go-to resource for educational content on health, wellness, and nutrition. Access a rich library of videos, audio content, and downloadable PDF resources designed to support your personal wellness journey—anytime, anywhere.

Download on the
App Store

GET IT ON
Google Play



Explore more topics to support your health journey at drberg.com



These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. These nutritional recommendations are supplied for you to share with your health care provider. The content herein and the nutrients recommended are in aid of good health, not disease treatment. Please consult your health care practitioner for diagnosis and treatment of disease.