

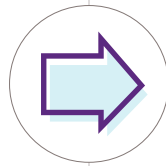
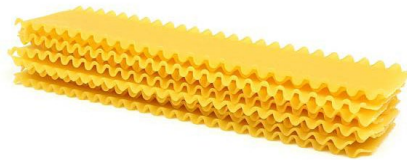
# 10 fun, low-carb swaps for fall



**Swap this:**

**Lasagna noodles**

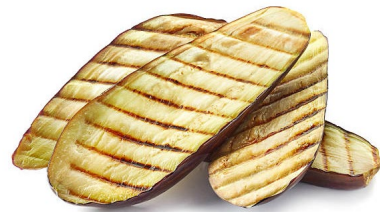
27 g carbs per serving



**For this:**

**Eggplant or zucchini flats**

8 g carbs per serving

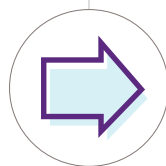


**19 g carbs saved**

**Swap this:**

**Mashed potatoes**

18 g carbs per ½ cup



**For this:**

**Mashed cauliflower**

7 g carbs per ½ cup

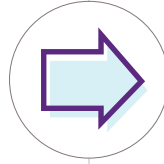


**11 g carbs saved**

**Swap this:**

**Popcorn**

19 g carbs per 3 cups



**For this:**

**Nuts**

7 g carbs per 1 oz

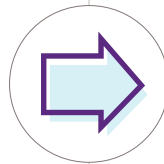


**12g carbs saved**

**Swap this:**

**Apple pie**

58 g carbs per slice



**For this:**

**Baked apple**

20 g carbs per serving



**38 g carbs saved**

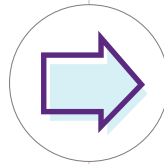
**Easy baked apple recipe**

- Core one medium apple and place in a microwavable dish
- Sprinkle 1 tsp of cinnamon in the core and any other desired spices
- Wrap tightly with plastic wrap
- Microwave for 5 minutes
- Cool and enjoy

**Swap this:**

**Sugar**

100 g carbs per ½ cup



**For this:**

**Pumpkin puree**

50 g carbs per ½ cup



**50 g carbs saved**

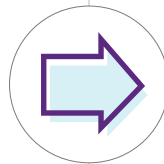


**Tip:** For almost any baking recipe, you can replace the sugar with pureed pumpkin for half the amount of carbs.

**Swap this:**

**Pancakes**

46 g carbs per 2 medium pancakes



**For this:**

**Omelet**

3 g carbs per serving

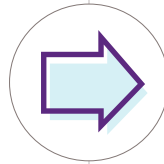


**43 g carbs saved**

**Swap this:**

**Potato fries**

33 g carbs per 3 oz



**For this:**

**butternut squash fries**

9 g carbs per 3 oz



**24 g carbs saved**

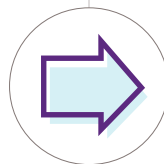


**Tip:** For perfect baked veggie fries, spray the fry-shaped pieces with a bit of olive oil and season with pepper, garlic and a dash of salt. Bake at 425°F for 20 minutes, flipping halfway through.

**Swap this:**

**Pretzels**

23 g carbs per 1 oz



**For this:**

**Kale chips**

2 g carbs per 1 oz

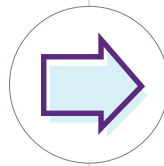


**21 g carbs saved**

**Swap this:**

**Homestyle chicken pot pie**

54 g carbs per slice



**For this:**

**Phyllo dough chicken pot pie**

34 g carbs per slice

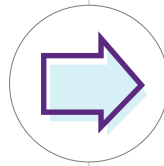


**20g carbs saved**

**Swap this:**

**Pizza crust**

70 g carbs per slice



**For this:**

**Grain-free crust**

13 g carbs per slice



**57 g carbs saved**

Not a Livongo member? See if you're eligible for personalized health support at [well.livongo.com/BRISTOL/new](https://well.livongo.com/BRISTOL/new).