# Alfie Evans shares five food swaps for healthier eating



Alfie Evans, a fitness coach, has shared practical dietary advice for individuals seeking to maintain their enjoyment of food while pursuing health and fitness goals. In his recent commentary, Evans outlined five food swaps that allow consumers to indulge in their favourite meals without compromising their diet.

According to Evans, switching from traditional bacon to bacon medallions can save dieters around 210 calories for every four pieces. He termed this change a “no-brainer,” affirming that the taste remains largely unchanged, making it an appealing option for those wishing to reduce body fat.

Evans also recommends an alternative to conventional bread for those who regularly include it in their diets. By opting for Danish bread, individuals can significantly reduce their calorie intake, as this type of bread contains roughly half the calories of its standard counterparts. “This is a game-changer if you’re a bread lover like myself,” he remarked.

Another suggested substitution is replacing regular rice with cauliflower rice. While Evans admits that this alternative may not fully replicate the experience of eating traditional rice, it offers a substantial reduction of 175 calories per serving. He emphasised that for those who consume rice frequently, this swap is beneficial.

For those with a penchant for sweets, Evans advises replacing sugary treats with grapes. He noted that while moderation is key, fruit provides a better alternative for daily consumption. Grapes are lower in calories and do not result in a steep energy decline post-consumption, which is often experienced with sweets.

In the realm of dairy, Evans encourages dieters to switch from normal milk to sweetened almond milk, yielding a saving of approximately 380 calories per litre. He highlights that opting for the unsweetened version could result in an even lower caloric intake, calling the sweetened almond milk “bangin’.”

Engagement in the comment section revealed consensus on the notion that maintaining a calorie deficit is crucial for weight loss, an aspect supported by recommendations from the NHS. The NHS asserts that when individuals consume more calories than they expend, the body stores the excess as fat, potentially leading to weight gain over time.

While calorie counting is an effective method for managing dietary intake, the NHS also emphasises other strategies, such as adjusting portion sizes and ensuring meals are nutrient-dense, to facilitate weight loss. The average recommended daily intake stands at 2,500 kcal for men and 2,000 kcal for women, with a suggested reduction of about 600 kcal necessary for weight loss. This results in target intakes of approximately 1,900 kcal for men and 1,400 kcal for women.

Individuals seeking further guidance on weight loss are encouraged to consult their GP for personalised advice.

Source: [Noah Wire Services](https://www.noahwire.com)

## Bibliography

1. <https://www.instagram.com/aefitnessig/reel/DIHdVYACS2t/> - This URL supports Alfie Evans' fitness advice and dietary recommendations, including food swaps for effective fat loss.
2. [https://www.tiktok.com/@aefitnesstok/video/7490282584703012118](https://www.tiktok.com/%40aefitnesstok/video/7490282584703012118) - This video shares Alfie Evans' tip on easy food swaps for effective fat loss, highlighting his active engagement in fitness coaching.
3. <https://www.nhs.uk/live-well/eat-well/lose-weight/> - This NHS page provides information on calorie deficit and weight loss strategies, echoing the importance of maintaining a calorie deficit as mentioned by Alfie Evans and supported by NHS recommendations.
4. <https://www.noahwire.com> - This is the source platform where Alfie Evans' advice and weight loss strategies might be discussed or referenced, though its content isn't directly linked here.
5. <https://www.healthline.com/nutrition/sweetened-vs-unsweetened-almond-milk> - This resource supports Alfie Evans' recommendation of switching to almond milk by providing nutritional comparisons between sweetened and unsweetened varieties.
6. <https://www.bbcgoodfood.com/howto/guide/cauliflower-rice-healthy> - This link offers insights into cauliflower rice as a healthier alternative to traditional rice, aligning with Alfie Evans' suggestion for reducing calorie intake.
7. <https://www.getsurrey.co.uk/news/health/im-fitness-coach--try-31388611> - Please view link - unable to able to access data