

Healthy Swaps

Easy every day swaps for a healthier meal



Instead of...



Choose...

Plain bagel

Whole grain English muffin

Mayo (on sandwich)

Hummus or Avocado

Soda

Sparkling water

Chips

Air popped corn

Flour tortilla

Corn tortilla

Fruit flavored yogurt

Plain yogurt & real fruit

Sour cream

Plain yogurt

Cream sauce

Marinara sauce

Iceberg lettuce

Spinach or Romaine

Syrup

Honey

Breakfast sausage

Center cut bacon

Pasta

Spaghetti squash or spiralized veggies

Bisque soup

Broth based soup

Cheese & crackers

Cheese & apple slices

Cookies

Fig bars

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Instead of...

Mashed potatoes

Granola

Ice cream

Hummus and pita

White rice

Chicken thigh

Regular milk

Milk chocolate

Butter

Ground beef

White flour

Guacamole or queso

Full fat dairy

Regular cream cheese

Regular peanut butter



Choose...

Mashed cauliflower

Chopped nuts

Sorbet

Hummus and veggies

Brown or cauliflower rice

Chicken breast

Almond milk

Dark chocolate

Olive oil

Ground turkey

Whole wheat, almond, or coconut flour

Salsa

Low fat dairy

Whipped cream cheese

Natural peanut butter