

25 HEALTHIER FOOD SWAPS TO MAKE IN YOUR KITCHEN



DITCH & SWITCH

- canola oil / vegetable oil > extra virgin olive oil / coconut oil
- refined white sugar > coconut sugar / sucanat
- bleached white flour > whole wheat flour / spelt flour
- artificial sweeteners > coconut sugar / pure maple syrup
- pancake / table syrup > pure maple syrup
- packaged seasoned rice > plain brown rice & your own spices
- flavored yogurt > plain yogurt with maple syrup & fruit
- instant flavored oatmeal > homemade oats with syrup & fruit
- ultra-processed dressings > homemade salad dressings
- ultra-processed mayo > mashed avocado or homemade
- ultra-processed cereals > homemade granola
- canned soup > homemade soups & chilis
- canned fruit > fresh or frozen
- table salt > mineral-rich (sea salt, pink salt)
- frozen meals > homemade freezer meals
- frozen pizza > homemade pizza with fresh toppings
- sugar filled popsicles > homemade / frozen grapes
- milkshakes > green smoothies
- candy / candy bars > fresh or dried fruit
- sugary soda pops > sparkling water / herbal ice tea

THREE SIMPLE SWAPS TO SHRED POUNDS FAST



SKIP

Fresh Pressed Juice

It's all-natural and fresh, but still has a concentrated amount of sugar and lacks fiber. Better as a treat.



SKIP

Mashed Potatoes

Contains lots of starch and most of us probably load them up with butter and salt too!



SKIP

Chips & Salsa

Tortilla chips contain a good amount of carbs and before you know it you've had 10 handfuls!



CHOOSE

Green Smoothie

Protein, fiber and healthy fat! Blend up some spinach, yogurt, banana, almonds, water and ice!



CHOOSE

Mashed Cauliflower

Blend up a cup of cauliflower for far fewer calories and fiber that will fill you up! Pair with a protein.



CHOOSE

Bell Peppers & Salsa

Peppers are a good source of fiber, low in fat and low in calories. A much better choice than chips!



SIMPLE SWAPS FOR YOUR PICKY EATER



TRY THESE 10 ALTERNATIVES

- 1 High protein, low sugar cereal instead of a sugar laden one
- 2 Slow cooker oatmeal instead of packaged flavored oatmeal
- 3 Tortilla chips or low sodium pretzels instead of potato chips
- 4 High protein bars or balls instead of the typical granola bars
- 5 Homemade trail mix with fruits & nuts instead of goldfish crackers
- 6 Whole wheat or multi-grain instead of white
- 7 Plain yogurt flavored up with maple syrup & fruit
- 8 Herbal iced tea instead of juice and soda
- 9 Homemade packed lunches verses store-bought lunchables
- 10 Carrots / veggies & hummus instead of chips & dip