

Healthy Food Swaps

1. Think outside the wrapper

Swap processed snacks for granola, homemade energy bites, nuts, or produce.

2. Try whole grain pasta or zoodles!

Use egg noodles, whole grain pasta, or zucchini noodles for a fun noodle dish.

3. Cauliflower can replace rice and pizza

Cauliflower is a great substitute with less calories and more fiber.

4. Skip sugary drinks

Skip the soda or energy drink and go for unsweetened tea or seltzer.

5. Less frying, more baking

Fried foods tend to have more saturated fat than baked foods.

Recreate your favorite foods with a healthy twist!

