



Healthy Substitutions

| Instead of | Use | Comments |
|-----------------|--|--|
| Sour Cream | Greek Yogurt | Higher in protein and lower in fat |
| White Rice | Brown rice or Quinoa | Whole grain |
| Tortilla Wraps | Lettuce Wraps or Whole grain wraps | Low Carb and more nutrients |
| Iceberg Lettuce | Spinach, Kale, Arugula | Darker greens= More nutrients |
| Mayonnaise | Avocado | High in Omega 3 fatty acids |
| White Flour | Whole Wheat Flour, Almond Flour, Coconut Flour | More nutrients |
| Breadcrumbs | Oats, Chia Seeds or Crushed nuts | Whole grain and higher in fiber |
| Flavored Yogurt | Plain Yogurt with fresh fruit | Less added sugar & more natural sugar |
| Croutons | Nuts or Seeds | Almonds, walnuts, pumpkin seeds |
| Heavy Cream | Coconut milk, Almond milk or Oat milk | Use in soups & stews |
| Potato Chips | Baked Kale or Sweet Potato Chips | Toss in olive oil & seasonings Bake in the oven |
| Soda | Flavored Water | Try adding lemons, berries or mint to your water |
| Ground Beef | Ground Turkey or Ground Chicken | Buy leaner meat Ex: 93% Lean and 7% Fat vs 80% Lean and 20% fat |
| Milk Chocolate | Dark Chocolate | High levels of antioxidants |

