

Healthy Ingredient Swaps

Protein

INSTEAD OF:

- 80%+ Ground Beef
- Whole Egg
- Pork Bacon

TRY:

- 93-97% Extra Lean Ground Beef or Lean Ground Turkey
- Egg Whites
- Canadian or Turkey Bacon

Fats

INSTEAD OF:

- Butter, Oil, or Shortening (baking)
- Regular Cream Cheese
- Sour Cream
- Butter, Vegetable, Corn Oil (frying)
- Margarine
- Bottled Dressing
- Mayonnaise
- Heavy Cream

- Whole Milk

TRY:

- Pureed Fruit (baking)
- Light Cream Cheese
- Plain non-fat Greek Yogurt
- Extra-Virgin Olive Oil; Grapeseed Oil
- Butter or Ghee
- Vinegar and Extra Virgin Olive Oil
- Mustard or Avocado
- 1/2 and 1/2; Coconut or Evaporated Milk
- Reduced-fat, fat-free milk

Healthy Ingredient Swaps

Carbohydrates

INSTEAD OF:

- Flour
- Flour tortillas
- White Rice

- Spaghetti
- Tortillas wraps
- Couscous
- Breadcrumbs

- Pasta (enriched semolina)

TRY:

- Black beans; oat bran; whole wheat
- Corn tortillas
- Riced cauliflower; brown rice; bulger wheat; pearl barley
- Zucchini noodles
- Lettuce leaves
- Quinoa
- Ground flaxseeds; rolled oats; crushed bran cereal
- Whole-wheat pasta

Vegetables

INSTEAD OF:

- Iceberg lettuce
- White potatoe

TRY:

- Spinach; kale
- Sweet potato