

Smart Substitutions

Eating healthy doesn't mean you have to give up flavor. When you are craving something "not-so-good", here is a list of satisfying, healthier alternatives.

Instead Of:	Try:
Pastries	½ almond butter or peanut butter sandwich on whole-grain bread with a piece of fruit, or a handful of almonds <i>Benefit: The sandwich contains less saturated fat and sugar and has more nutrition. Almonds are high in several nutrients and polyunsaturated fat that helps reduce LDL or "bad" cholesterol within the context of a healthy diet. Whole-grain bread, almonds and many types of fruit are high in fiber.</i>
Soft Drinks	1 cup low-fat or skim milk ½ cup fruit juice (try mixing it with sparkling water for a little pizzazz) <i>Benefit: Milk or fruit juice "sparkler" contains fewer calories. Milk's calcium will help protect against thinning bones.</i>
Fried Tortilla Chips and Processed Cheese	Baked corn tortilla chips and salsa <i>Benefit: Baked corn tortilla chips contain less fat and fewer calories per serving than fried tortilla chips. Try adding low-sodium seasoning to your chips instead of salt. Salsa is lower in calories and more nutritious than processed cheese dip.</i>
Ice Cream Bars	Frozen 100% Fruit Bar <i>Benefit: The fruit bar is fat-free, and has fewer calories, watch out for added sugars though</i>
Candy Bars	Homemade trail mix with raisins, whole-grain cereal (low sugar) and dried fruit <i>Benefit: The trail mix is low in saturated fat, and when combined with dried fruit it adds fiber.</i>
Whole Milk	Fat-free or 1% milk
Chips	A small handful of almonds or a medium piece of fruit
Cheese made with whole milk	Low-fat or reduced fat, low sodium cheese
Fried ground beef	Browning lean ground sirloin and rinsing away fat with hot water in a colander
Croissant	Pita bread or a slice of whole-grain bread
Salted pretzels	Homemade snack mix with low-sodium seasonings
Regular Mayonnaise	Low-fat mayo or mustard