

Healthy SWAPS

Swap this



for this

White Rice	Brown rice Quinoa
Flour Tortillas	Corn Tortillas
Traditional Pasta	Brown Rice, Lentil, or Chickpea pasta
Romaine or Iceberg Lettuce	Spinach Sprouts Kale Swiss Chard
Ranch or Caesar Salad Dressing	Any oil-based dressing (ex. Italian) Lemon + salt + pepper
Canola or Vegetable Oil	Olive oil Nuts Avocado Seeds Sunflower oil Nut Butter
Chips or Crackers	Carrots Cucumber Celery Broccoli Light Butter Popcorn