

## Healthy Substitution List

Instead of	Try
All-purpose (plain) flour	Whole-grain flour, almond flour, or coconut flour
Breadcrumbs	Rolled oats or crushed nuts
Candy	Fruit
Canned beans	Dry beans (soaked and boiled)
Croutons in salads	Nuts in salads
Cream	Coconut milk, pureed potatoes, or tofu
Deep frying	Air-frying
Fruit canned in heavy syrup	Fruit canned in its own juices or in water
Fruit-flavored yogurt	Plain Greek yogurt* with fresh fruit slices
Ground beef	Lean ground beef, chicken, or turkey
Iceberg lettuce	Romaine lettuce, arugula, kale, or spinach
Ice-cream	Frozen whipped bananas or other fruit
Instant Oatmeal	Steel cut oatmeal
Margarine in baked goods	Butter and/or applesauce
Mayonnaise	Avocado oil mayo, plain Greek yogurt*, avocado, hummus, or pesto
Milk Chocolate	Dark Chocolate (the higher the cocoa % the better)
Meat as the main ingredient	Vegetables as the main ingredient
Oil-based marinades	Wine, balsamic vinegar, apple cider vinegar, fruit juice or broth
Pasta	Whole-grain pasta or spaghetti squash
Potato chips	Popcorn or kale chips
Refined Vegetable Oils – canola, corn, cottonseed, grapeseed, safflower, soybean, and sunflower	Oils – avocado, coconut, extra virgin olive, flaxseed, and macadamia nut
Salad dressing	Homemade salad dressing with your choice of olive oil, balsamic vinegar, apple cider vinegar or lemon juice and your choice of herbs/spices
Seasoning salt, such as garlic or onion salt	Herb-only seasonings, such as garlic and onion powder
Soda	Sparkling or mineral water
Sour cream	Plain Greek yogurt*
Sugar	Unsweetened applesauce, dates, or stevia
Syrup	100% pure maple syrup or raw honey
Tortilla wraps	Lettuce wraps
White bread	Whole-grain bread
White rice	Brown rice, wild rice, or quinoa

\*choose organic whenever possible