

## 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	Frozen grapes (not safe for young children)
Canned beans	Dry beans (soaked and boiled)
Croutons in salads	Nuts in salads
Cream	Coconut milk, pureed potatoes or tofu
Deep frying	Oven baking or pan-sautéing
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	Extra-lean or lean ground beef, chicken or turkey breast
Iceberg lettuce	Romaine lettuce, arugula, kale, or spinach
Ice-cream	Frozen whipped bananas or other fruit
Instant Oatmeal	Steel cut oatmeal or quinoa
Margarine in baked goods	Butter and/or applesauce
Mayonnaise	Plain regular yogurt, Greek yogurt, avocado, hummus, or pesto
Milk Chocolate	Dark Chocolate (the higher the cacao count the better)
Meat as the main ingredient	Three times as many vegetables as the meat on pizzas or in casseroles, soups, and stews
Oil-based marinades	Wine, balsamic vinegar, apple cider vinegar, fruit juice or broth
Oils – corn, cottonseed, palm kernel, partially hydrogenated, safflower, sunflower, and soybean	Oils – coconut, flax, olive, and nut
Pasta	Whole-grain pasta or spaghetti squash
Potato chips	Popcorn or kale chips
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	Add cucumber, lemon, mint or fruit to seltzer
Sour cream	Plain Greek yogurt
Sugar	In most baked goods you can reduce the amount of sugar by one-half; intensify sweetness by adding vanilla, nutmeg or cinnamon. Or try sugar substitutes such as, unsweetened applesauce, dates or stevia.
Syrup	Pureed fruit, or a small amount of 100% pure maple syrup or raw honey
Tortilla wraps	Lettuce wraps
White bread	Whole-grain bread
White rice	Brown rice, wild rice or quinoa