

# HEALTHIER FOOD SWAPS

All foods fit in a balanced diet, but here are some swaps that offer more nutrition:

## SWAP THIS



Soda



Sugar-sweetened yogurt



Granola



Gummy fruit snacks



Sugar-sweetened cereals



## FOR THIS



Seltzer



Plain yogurt with fruit



Muesli



Fruit cups (in own juice)



Whole grain cereal  
(3g+ fiber) with fruit

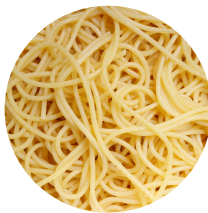
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## SWAP THIS



Potato chips



White pasta



Ground beef



Traditional butter



Frozen TV dinner



## FOR THIS



Roasted chickpeas



Protein pasta or chickpea pasta



Ground turkey or chicken



Unsalted, whipped butter



Rotisserie chicken and  
steamer bag of vegetables