

HOW TO MAKE THE FOODS YOU ALREADY EAT

HEALTHIER

Instead of...

Pizza

Sugar

Potato Chips

Whole Milk

Try ...

Eat Pizza on pita with less cheese and more veggies.

Use a little less

Baked Kale, GimMe Seaweed Thins, Doctor is In Flackers, Skinny Popcorn, Mary's Gine Crackers Superseed, Way Better Bacl Bean Tortilla Chips

Skim Milk

HOW TO MAKE THE FOODS YOU ALREADY EAT

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Instead of...

Toast with
Margarine

Eggs

Coffee with
half and half

Potatoes
with Sour
Cream

Try...

Toast with
sugar free
jam

Egg Whites
or egg
substitutes

Coffee with
light
creamer.

Potatoes
with light
sour cream or
plain yogurt

HOW TO MAKE THE FOODS YOU ALREADY EAT

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Instead of ...

Ice Cream

Fried
Chicken

Donughts

Bologna
Sandwich

Try...

Yogurt

Grilled,
roasted, or
baked
chicken

Fruit, No
Bake energy
Bites, Kind
Bars Nourish
Bites, RXBar.

Lean Turkey
Sandwich on
Whole wheat
bread

HOW TO MAKE THE FOODS YOU ALREADY EAT

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Instead of...

Regular
Cheese

Fried Fish

Gravy

Green Beans
flavored
with bacon
or fatback.

Try...

Light Cheese

Baked Fish

Light Chicken or
Vegetable broth
with whole wheat
flour as a
thickener; add
your favorite
spices

Green Beans
flavored with low
fat chicken broth,
or a dash of
lemon juice,
pepper, and
garlic

HOW TO MAKE THE FOODS YOU ALREADY EAT

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Instead of...

Salad with
Dressing

1/2 cup
butter or oil

Sandwich
made with 1
tbsp mayo

Sour Cream

Try...

Salad with an
oil based
dressing or
less dressing

1/4 cup
applesauce and
1/4 cup butter or
oil (great in
sweets or dessert
recipes)

Sandwich made
with 1/2 tsp light
mayo. (use less
and lighter mayo)
or just
Mustard

Plain greek
yogurt or
light sour
cream.

HOW TO MAKE THE FOODS YOU ALREADY EAT

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Instead of...

Pastry Pie
Crust

Pound Cake

Pie Filling

Fudge Sauce

Try...

Graham
crust or
phyllo crust

Angel Food
Cake

Low Fat
Pudding

Chocolate
Syrup

HOW TO MAKE THE FOODS YOU ALREADY EAT

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Instead of...

Light Cream

Baking
Chocolate

Whipped
Cream

Instead of
Using Butter
or Oil to
cook in a
Skillet

Try...

Equal
amounts of
1% milk and
evaporated
skim milk

3 tablespoons
cocoa and 2
tablespoon
vegetable oil

Light cool
whip or
Dream Whip
made with
skim milk

Non-stick
cooking
spray

HOW TO MAKE THE FOODS YOU ALREADY EAT

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Meat
Casserole

Use Beans
instead of
Meat or use
half beans
and half lean
meat

Dip,
Condiments,
Sauces

Omit or eat less
(one trick is to
lightly dip your
food instead of
scooping up dips
and sauces)

Cream
Sauces

Oil based or
Red/tomato
based sauces

Cakes and
Pastries

Fruit and
yogurt, Kind
Minis, No Bake
Protein Bites, or
RXBar

HOW TO MAKE THE FOODS YOU ALREADY EAT

HEALTHIER

Instead of...

Pasta or
Noodles

Rice.

Chicken or
Tuna Salad
made with
Mayo

Flour
Tortillas

Try...

Whole Wheat
Pasta, Couscous,
or Vegetable
noodles like
SteamFresh
Zucchini Pasta

Brown Rice
or Riced
Cauliflower

Chicken or
Tuna Salad
made with
mustard

Corn or Whole
Wheat Tortillas
like the Ole
Xtreme Wellness
Whole grain
Tortilla Wraps

HOW TO MAKE THE FOODS YOU ALREADY EAT

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Instead of ...

Try...

White Bread

Whole Wheat
Bread or
Lettuce Wrap

Ground Beef.

Ground Turkey,
ground
Chicken, or
Low Fat
ground Beef

Tuna in Oil.

Tuna in
Water

Fruit Dip

Dip Fruit in
Plain yogurt

HOW TO MAKE THE FOODS YOU ALREADY EAT

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Instead of...

Sauteing in
Butter

Frying Foods

Chicken
with Skin

Fried eggs.

Try...

Saute 1/4 cup
of wine or
defatted
broth

Roasting,
steaming,
poaching,
baking, braising,
broiling, grilling,
or BBQing.

Skinless
Chicken or
poultry

Poached, broiled,
or scrambled
eggs (or 2 egg
whites) in
vegetable
cooking spray..

HOW TO MAKE THE FOODS YOU ALREADY EAT

HEALTHIER

Instead of...

Dark Meat

Instead of
Ranch
dressing or
other high
calorie dips

Recipes with
Cheese

Mayo

Try...

White Meat

Hummus

Less cheese,
light cheese, or
omit the
cheese from
the recipe

Mustard (This
could save you
over 100
calories!).