



## 25 HEALTHY INGREDIENTS FOR HEALTHIER COOKING

Need some health and wellness inspiration? Here are some of our favorite ingredients.

# HEALTHY EATING

## Unprocessed Food Swaps

Here are some easy ways to trade processed foods for healthier options.

It's easy to grab packaged and processed foods that make for a quick meal when you're in a rush. But processed foods are often high in salt, sugar, artificial colors and preservatives. Luckily, there are many ways to swap in more nutritious foods at every meal without sacrificing time or flavor.

### Ingredient Swaps to Make Your Recipes Healthier

1. Whole Wheat or Oat Flours for All-Purpose White Flour
2. Mashed Banana in place of butter or oil in Baked Goods
3. Citrus Juice in place of Salt
4. Vanilla Extract, Cinnamon, or Unsweetened Applesauce in place of Sugar
5. Olive Oil Spritz/Spray in place of Olive Oil, pourable
6. Unsweetened Almond Milk in place of commercial Coffee Creamers
7. Steel or Rolled Oats for Instant Oatmeal
8. Plain Greek Yogurt instead of Sour Cream
9. Avocado in place of Mayonnaise
10. Natural Cheese for Processed Velveeta/American types
11. Whole Wheat Pastas instead of White Pastas
12. Spaghetti Squash or Zoodles in place of Pasta/Spaghetti
13. Wild Grain Rice in place of White Rice
14. Cauliflower Rice as a veggie substitute for Rice
15. Sun-Dried Tomatoes instead of Pepperoni
16. Dark, Leafy Greens for Iceberg Lettuce
17. Fresh Fruits & Vegetables in place of Canned Varieties
18. Fresh Squeezed Lemon Juice for Bottled Salad Dressing
19. Nuts and Seeds in place of Croutons
20. Air-Popped Popcorn in place of Potato Chips
21. Hummus or Pico instead of Ranch-Style Vegetable Dip
22. Sliced, Fresh Vegetables in place of "Vegetable" Flavored Chips
23. Dried Unsweetened Fruit for Sugary Fruit Snacks
24. Dark 70% Cocoa Chocolate in place of Chocolate Candy Bars
25. Water or Sparkling Water instead of Soda