

Eat This, Not That

LIVING

Healthy

LIST

HEALTHY SWAPS THAT
TASTE GREAT

Healthy Swaps

Eat This

Mustard

Greek Yogurt

Lemon Juice

Wheat Pasta

Zoodles or Spaghetti
Squash

Fresh Fruit

Veggies a & Hummus

Baked Sweet Potato

Brown Rice or Quinoa

Wine

Liquor with Setlzer

Baked Potato

Not That

Mayonaise

Sour Cream

Salt

White Pasta

Any type of Grain Pasta

Dried Fruit

Any Type of Chips or Tortillas

French Fries

White Rice

Fruiy Cocktails

Liquor with Cola

Mashed Potatoes

Eat This

Not That

Thin/Cauliflower
PizzaCrust

Deep Dish Pizza

Almond Flour

White Flour

Nut milks

Whole Cows Milk

Oil & Balsamic Vinegar

Creamy Dressings

Turkey Bacon

Regular Bacon

Lettuce Wrap

Sandwich Bread

Pumpernickle or
MultiGrain

Texas Toast

Stevia

Sugar or Aspartame

Chopped Nuts

Croutons

Fresh Fruit with
Whipped Cream

Icecream

LIVING
Healthy
LIST