



Most recipes can be made healthier by making some simple substitutions!

Healthy Recipe Substitutions

Simple swaps can help manage blood sugar, blood pressure, and weight while allowing you to still enjoy your favorite meals! Below are some suggestions to "lighten up".

Original Ingredient	Swap	Healthy Substitutions
<p>Refined Grains</p> <ul style="list-style-type: none"> white rice regular noodles white bread flour tortillas 	<p>Whole Grains</p> <ul style="list-style-type: none"> wild or brown rice whole wheat noodles whole grain bread whole wheat or corn tortillas quinoa, farro, barley, or bulgur 	
<p>High-fat Dairy</p> <ul style="list-style-type: none"> whole milk heavy cream sour cream half-and-half 	<p>Lower-fat Dairy</p> <ul style="list-style-type: none"> 1% or skim milk non-fat Greek yogurt light sour cream 1% or nonfat cottage cheese 	
<p>Fatty Meats</p> <ul style="list-style-type: none"> 80% lean ground beef marbled beef dark-meat poultry with skin bacon 	<p>Leaner Proteins</p> <ul style="list-style-type: none"> 96% lean ground beef "loin" cuts white-meat poultry without skin turkey bacon fish or seafood tofu, beans or lentils 	
<p>High Salt</p> <ul style="list-style-type: none"> salt garlic salt onion salt 	<p>No Salt</p> <ul style="list-style-type: none"> garlic powder onion powder fresh or dried herbs and seasonings 	
<p>No veggies</p> <ul style="list-style-type: none"> No Vegetables 	<p>Extra veggies</p> <ul style="list-style-type: none"> raw, steamed, or roasted veggies as a side pureed squash or cauliflower in sauces add to pastas, pizza, eggs, soups, and sandwiches. 	

