

## Healthy Substitutions

*Use lean proteins, low fat or non-fat dairy, whole grains. Look at your favorite recipes & substitute for healthier versions of your favorite comfort foods.*

- Substitute unsweetened applesauce for ½ the sugar in any baked good recipe.
- Reduce or eliminate high fat dairy.
- Substitute plain Greek yogurt for sour cream.
- Buy whole grain cereals with little or no added sugar.
- Substitute whole wheat pasta for white pasta. (increase cooking time for whole wheat)
- Use veggie or lentil pastas or make spiralized veggies.
- Use brown rice instead of white rice.
- Switch to whole grain bread crackers.
- Use skinless chicken breasts instead of skin-on.
- Use resources on **myplate.gov** for more ideas.