Healthy Meal Swap Checklist

Use this checklist to swap out common ingredients for healthier alternatives. Great for busy at-home moms looking to feed their families nutritious meals.

* ☐ Swap White rice with Brown rice or quinoa
* ☐ Swap White bread with Whole grain or Ezekiel bread
* ☐ Swap Sugary cereal with Overnight oats or plain Greek yogurt with fruit
* ☐ Swap Sour cream with Plain Greek yogurt
* ☐ Swap Chips with Air-popped popcorn or roasted chickpeas
* ☐ Swap Ice cream with Blended frozen bananas ('nice cream')
* ☐ Swap Soda with Infused water or herbal teas
* ☐ Swap Store-bought salad dressing with Homemade vinaigrette (olive oil + vinegar)
* ☐ Swap Heavy cream sauce with Blended veggie-based sauce (cauliflower or squash)
* ☐ Swap Butter in baking with Unsweetened applesauce or mashed banana