

Satisfying Swaps



White Rice → Brown Rice



Deep-Fried Foods → Air-Fried/Grilled

Chips → Nuts



White Bread → Whole-Grain Bread

Also...

- Try adding beans or lentils to any stew or sauce-based recipe
- Choose lower-in-fat dairy options (i.e. milk, cream cheese, sour cream)
- Remove extra fat from meat before cooking