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