

## Simple Swaps to Make Healthier Meals

There are numerous ways you can make meals healthier. Whether you want to make the meal heart-healthy, low-calorie, or high in fiber, there is a swap for each without having to sacrifice the taste. Here are just a few simple swaps you can begin using in your kitchen:

- Breakfast swaps:
  - Swap whole eggs for egg whites. Or just one egg yolk with 2-3 egg whites. This helps lower cholesterol and fat.
  - Try turkey bacon instead of bacon, but look for low sodium turkey bacon, as it can be high in salt.
  - Give Greek yogurt a chance—it is higher in protein than regular yogurt.
- Snack swaps:
  - Instead of potato chips, try making your own kale chips in the oven by drizzling with olive oil and a sprinkle of salt and baking until crisp.
  - If you are craving something sweet, frozen yogurt can meet that need in place of ice cream.
  - Mix nonfat plain Greek yogurt with ranch dip seasoning and serve with sliced veggies. If you like it spicy, try a spicy or fiesta ranch dip seasoning.
- Lunch swaps:
  - Not all lettuce is created equally. Swap iceberg lettuce with darker greens for more health benefits.
  - For more fiber, switch to whole wheat bread. This will keep you full longer and help keep you regular.
- Dinner swaps:
  - Replace white pasta or white rice with whole wheat pasta or brown rice for a healthy heart.
  - Reach for herbs and seasonings instead of the salt shaker to reduce your sodium intake and help lower blood pressure.

*Adapted from Columbia University*

