

Healthy Ingredient Swaps Checklist



Swap This

For This

<input type="checkbox"/> Salt	Herbs, garlic, or lemon juice
<input type="checkbox"/> Cream	Plain Greek yogurt
<input type="checkbox"/> Sugar in baking	Mashed banana or applesauce
<input type="checkbox"/> White bread/pasta	Whole grain options
<input type="checkbox"/> Butter	Mashed avocado
<input type="checkbox"/> Margarine	Olive oil
<input type="checkbox"/> Regular canned goods	“No added salt” or rinsed versions
<input type="checkbox"/> Chips	Unsalted nuts
<input type="checkbox"/> Pasta	Zucchini noodles or spaghetti squash
<input type="checkbox"/> Mashed potatoes	Cauliflower mash
<input type="checkbox"/> Regular broth	Low-sodium broth
<input type="checkbox"/> Frying	Baking or grilling
<input type="checkbox"/> Mayonnaise	Mustard
<input type="checkbox"/> Red meat	Turkey or chicken
<input type="checkbox"/> Ground beef	Beans or lentils
<input type="checkbox"/> Canned vegetables	Fresh or frozen
<input type="checkbox"/> Processed spreads	Avocado or nut butters
<input type="checkbox"/> Jam or jelly	Fresh fruit slices
<input type="checkbox"/> Sugar in cereal	Cinnamon or fruit
<input type="checkbox"/> Whole milk	Skim or plant-based milk
<input type="checkbox"/> White rice	Quinoa or brown rice