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Kerry's 50 Food Swap Ideas

I'm always looking for ways to make our favorite foods more nutrient dense and healthier without sacrificing flavor. I don't believe in depriving, dieting, or demonizing foods. What I do believe in is practical, small, doable sustainable changes to a healthier more vibrant YOU! I'm all about what you can have rather than what you can't have! ☺ Buy Seasonal, Organic, Unprocessed, and Local (S.O.U.L.) foods whenever possible.

Instead of...	More Nutrient Dense – Try...
White bread	Sprouted bread, organic sourdough bread, buckwheat crackers, millet bread
White rice	Brown rice, grated steamed cauliflower
Margarine	Organic butter, mashed-up avocado, extra-virgin olive oil, coconut oil
Boxed cereal	Buckwheat, quinoa, or oat porridge; natural gluten-free granola
Granola	Oatmeal, gluten free
Oatmeal, instant	Steel-cut oats, gluten free
Mayonnaise	Hummus; mashed-up avocado with apple cider vinegar and mustard
Pasta	Spiralized raw vegetables; quinoa, rice, or buckwheat noodles; spaghetti squash
Cooking oil spray	Organic grass-fed butter, coconut oil, ghee
Chips and dips	Sprouted nuts; flaxseed or buckwheat crackers with pesto, hummus, olive tapenade, guacamole, salsa verde, or organic pate
Ice cream and cakes	Non-dairy coconut ice cream, quinoa or rice pudding
Ice cream	Frozen bananas in food processor
White sugar	Raw honey, coconut palm sugar, pure maple syrup
Table salt	Unrefined sea salt, seaweed flakes, miso, tamari, soy sauce

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Instead of...	More Nutrient Dense – Try...
Conventional milk	Organic cow or goat milk; homemade coconut milk or nut milk; almond milk, macadamia milk, hemp-seed milk
Coffee	Green tea or herbal teas such as chamomile, jasmine, nettle, mint, roasted dandelion, chicory root
Cream and sugar in coffee	Cinnamon
Latte	Americano
Soda, pop	Water; 8 ounce or less of freshly squeezed juices; sparkling water with fresh lime; Seltzer water with citrus slice; coconut water
Juice or bottled teas	Unsweetened iced tea, homemade
White wine	Red wine
Tonic water	Soda water with lime
Milk shake	Berry kefir smoothie, superfood smoothie, 8 ounce or less freshly squeezed vegetable juices
Sour cream	Greek yogurt
Flavored yogurt	Plain Greek Yogurt & fresh fruit
Cheese	Nutritional yeast Sprinkle on tacos, in soups, on salads, popcorn, etc
Egg Sandwich	Scrambled eggs with veggies
Iceberg lettuce	Spinach, kale, romaine, arugula
Mashed potatoes	Mashed cauliflower
Cheese and crackers	Cheese and apple
Snack bar	Handful of raw unsalted almonds
Croutons	Nuts and seeds
Tortilla wraps	Lettuce leaves
Flour tortilla	Corn tortilla
Tomato sauce for pizza	Sliced tomatoes
Canned fruit	Frozen or fresh fruit
Pita (dipping tool)	Veggies, raw
Potato chips	Kale chips; popcorn
French fries, or potatoes	Sweet potato fries, or sweet potatoes
Tortilla chips	Carrots or your favorite raw veg for dipping
Syrup	Pureed fruit

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Instead of...	More Nutrient Dense – Try...
Bottled dressing	Homemade dressing - Try mixing vinegar or lemon juice and oil in a 2:1 ratio and flavoring with spices like rosemary, thyme, oregano, and pepper!
Reduced fat peanut butter	Natural peanut butter – the only thing that should be in this are peanuts and maybe a hint of sea salt, nothing else
Chocolate chips	Cacao nibs
Canned beans	Dry beans, soaked and cooked fresh
Cream	Coconut milk – great substitute for heavy cream in soups and stews; pureed potato
Guacamole dip (made with mayonnaise or refried beans with lard)	Salsa
Bread crumbs	Rolled oats, gluten free
Milk chocolate	Dark chocolate – 70% or more
Candy	Dried fruit and nuts

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