



## Healthy Switches and Substitutes

### **Simple switches and substitutes that will reduce calories and fat and help maximize your nutrition.**

**Switch:** Olive oil dressing For: Creamy When using an olive –oil dressing instead of a creamy you have the potential to save 90 calories per 2 tablespoons a reduced fat olive oil dressing can save 120 calories per serving.

**Switch:** Roasted Chicken For: Deli meats. Deli meats are often high in sodium and fat.

**Switch:** Trans fat free spread For: Butter. Butter has 7 grams of saturated fat per tablespoon, margarine contains trans fat.

**Switch:** Whole grain pasta For: Refined pasta. Fresh whole grain pasta has more antioxidants than refined types.

**Switch:** Whole grain bread For: White bread. Whole grain bread has more antioxidants and fiber than white bread.

**Switch:** Reduced or Skim milk For: Whole milk. Reduced or Skim milk contains less fat and slightly more calcium.

**Make the most from your food and food dollars. Small changes can help mold a healthier eating style**