Healthy Food Swaps

Pennington Biomedical Greaux Healthy

Healthy food swaps are small changes that can make a big difference. They can help your family get more nutrients, have more energy, and stay at a healthy weight.

Instead of...	Swap This!	Why?
Sugary drinks or soda	Water or water flavored with fruit	Better hydration with less sugar
White bread	Whole wheat bread	More fiber and nutrients
Chips	Air-popped popcorn or roasted chickpeas	More fiber, less fat and salt
Crackers	Sliced cucumbers or baby carrots	More fiber and nutrients
Ranch or cheese dip	Hummus or guacamole	More nutrients and healthy fats
Ice cream	Low-fat Greek yogurt with fruit	More protein, less fat and sugar
White rice	Brown rice or quinoa	More fiber and nutrients
Fried chicken	Grilled or baked chicken	Same great taste with less fat
Candy or cookies	Fruit slices or dried fruit	More vitamins and fiber
Sugary cereal	Oatmeal with fruit and nuts	Whole grains with less sugar
Popsicle	Frozen grapes or frozen banana	Vitamins with less sugar
White pasta	Whole wheat or lentil/chickpea pasta	More fiber and protein
Sour cream	Low-fat plain Greek yogurt	More protein, less fat
Creamy soup	Low-sodium, broth-based soup with veggies	More nutrients, less fat and salt
Hot dog	Grilled chicken sausage or turkey dog	Same great taste with less fat
French fries	Baked sweet potato fries	More fiber, less fat
Granola or fruit bar	Trail mix with nuts, seeds, and dried fruit	Healthy fats with less sugar
Milk shake	Fruit and low-fat yogurt smoothie	More nutrients with less fat

Tips for making healthy swaps at home:

- **Start slow!** Swap one or two foods per week.
- **Let kids help!** Involve them in choosing and preparing food.
- **Eat the rainbow!** Colorful fruits and veggies are always healthy swaps.
- **Make it fun!** Let kids play games like taste testing or food swap challenges.

For more information: www.greauxhealthy.org /greauxhealthyPB
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