

FOOD

SWAPS

HEALTHY FOOD SWAPS TO HELP YOU STAY ON TRACK

Making simple swaps when eating out or ordering takeout can help you enjoy your favorite meals while cutting calories, sugar, and unhealthy fats without feeling deprived.

DESSERTS

Typical Choice	Healthier Swap	Why it's Better
Ice cream, milkshakes	Frozen yogurt or fruit sorbet	Less sugar and fat
Cake, pastry	Fresh fruit, fruit salad, fruit parfait	More fibre, less sugar
Chocolate bar	Dark chocolate (small portion)	Lower sugar, antioxidants

CARBOHYDRATES

Typical Choice	Healthier Swap	Why it's Better
White bread, buns	Whole grain or whole wheat bread	More fibre, keeps you full longer
White rice/pasta	Brown rice, quinoa, whole grain pasta	More fibre and nutrients
French fries	Side salad, steamed vegetables, baked sweet potato	Lower calories and more vitamins

PROTEIN

Typical Choice	Healthier Swap	Why it's Better
Fried chicken	Grilled, baked, or roasted chicken	Less fat and calories
Beef burger (fast food)	Turkey, veggie, or grilled chicken burger	Leaner protein, lower saturated fat
Processed meats (hot dog, sausage)	Grilled fish, beans, or tofu	Less sodium and preservatives

SNACKS & SIDES

Typical Choice	Healthier Swap	Why it's Better
Chips	Air-popped popcorn, roasted nuts, veggie sticks	Less salt, more fibre & nutrients
Onion rings	Steamed or roasted vegetables	Lower fat and calories
Cheese sticks	Low-fat cheese or fresh fruit	Less saturated fat, more vitamins

SAUCES & DIPS

Typical Choice	Healthier Swap	Why it's Better
Creamy salad dressing	Vinaigrette, lemon juice, or yogurt-based	Less fat and sugar
Mayonnaise/mayo-heavy sauces	Mustard, salsa, or hummus	Lower in calories and unhealthy fats
Cream-based pasta sauces	Tomato-based sauces, olive oil drizzle	Less saturated fat, more antioxidants

You don't have to eat less to be healthy—you just have to make smarter choices

DRINKS

Typical Choice	Healthier Swap	Why it's Better
Soda, energy drinks	Water, sparkling water, unsweetened tea	No sugar, lower calories
Sweetened coffee drinks	Black coffee, iced coffee with milk or plant milk	Fewer calories and sugar
Alcohol (beer, cocktails)	Wine (moderate), light beer, spirits with soda water	Fewer calories and sugar



Healthy eating is a way of life, so it's important to establish routines that are simple, realistically, and ultimately livable