

Ten simple substitutions

All foods in moderation can be part of a healthy, balanced diet, but for those looking for lower calorie options or desire to include more nutrient-dense foods to their diet, here are several simple substitutions.

Instead of **PASTA**



try **VEGETABLE NOODLES**
like zucchini noodles

Instead of **RICE**



try **RICED CAULIFLOWER**

Instead of **WHITE POTATOES**



try **SWEET POTATOES**

Instead of **DESSERTS & SWEETS**



try **FRESH FRUIT**
with whipped cream

Instead of **CHIPS**



try **NUTS**

See reverse for more substitutions

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Instead of **BURGER BUNS**



try a **LETTUCE WRAP**

Instead of **BAGELS**



try **WHOLE-GRAIN TOAST**

Instead of **SOUR CREAM**



try **NON-FAT GREEK YOGURT**

Instead of **LATTES OR MOCHAS**



try an **AMERICANO OR TEA**

Instead of **SODA**



try **SELTZER WATER**

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