



Can I make a swap?

A healthy meal does not have to be perfect! Begin with ingredients you currently have and follow this guide alongside your recipe to see what swaps you can make to create a nutritious meal.



YES

Does the recipe give a clue?

Look for words like optional, or, use either, or tips that mention another ingredient option.



MAYBE

Is it a simple meal?

Swaps often work in soups, tacos, pasta, rice bowls, salads, eggs, and wraps.



**BE
CAREFUL**

Is it baking?

Baking is more exact. Use recipe options or tested substitutions when possible.

Swap Chart

Flexible ingredients for every day cooking!



Helpful Reminders

Nutrition information may change slightly when ingredients are swapped.



Before You Start: Quick Check

Check the recipe, then swap with care.

Produce



Broccoli



Carrots



Spinach



Zucchini



Apples



Bananas

Protein



Chicken



Beans



Eggs



Tofu



Ground meat



Lentils

Grain



Regular pasta



Whole wheat pasta



White bread



Whole wheat



Sugary cereal



Oatmeal

Flavor Swaps



Garlic



Onion



Fresh herbs



Dried herbs



Lemon juice



Vinegar

Dairy + Liquid



Milk



Soy milk



Yogurt



Greek yogurt



Cream



Broth

Start Small

Try:

- ✓ One new swap this week
- ✓ One more fruit or vegetable
- ✓ One whole grain choice
- ✓ One glass of water instead of a sugary drink