



Substitution solutions

Swapping out some common foods for healthier choices can have a big impact on your diet.

Instead of this...

Orange juice
Crackers
Cashews
Bagel
Milk chocolate
Vanilla frappuccino
Bran muffin

Try this...

Orange
Apple slices
Trail mix
Whole grain English muffin
Dark chocolate
Iced vanilla latte (hold the whipped cream!)
Bowl of raisin bran

