

Healthier Snacks: Swapping This



for That



Eating a healthier diet can be a daunting lifestyle change, but by starting small and making smarter choices, reaching health goals is easier. Better eating habits can start by simply substituting foods. Swap out common “bad-for-you” snacks with some healthier alternatives.

Instead of:	Try:
3 Fried mozzarella sticks	Fresh veggie slices with low-fat salad dressing or cottage cheese
Breakfast Danish	1 Fresh fruit and 6 oz low fat yogurt
Candy bar	Handful of trail mix
Corn chips	1 oz baked chips of your choice
Potato chips	1 oz pretzels or baked potato chips
Doughnut	English muffin with 1-2 tablespoons of low fat or fat-free cream cheese or fruit preserves
Apple pie	½ to 1 cup spiced applesauce and 3-4 crackers
Ice cream	½ to 1 cup non-fat frozen yogurt
Cheddar cheese	Low-fat string cheese
Frozen pizza	Make your own mini pizza: 1 English muffin with marinara sauce, 1 oz low fat cheese and add your favorite veggies
Croissant	Small soft pretzel with mustard
8 oz Milkshake	8 oz Fruit smoothie or non-fat yogurt shake
Hot dog with the works	1 small tortilla with melted low-fat cheese and 1 oz lean meat (turkey, chicken)
Sour cream-based dip	Salsa
Ice cream bar	Frozen 100% fruit juice bar
Brownie	4oz low fat chocolate pudding
Butter cookies	5 gingersnaps or vanilla wafers
Pound cake	Angel food cake (1 small slice) add favorite berries on top
Microwave popcorn	3 cups of hot air popcorn, add spray butter and seasoning
Snack cake	Granola bar
Chocolate chip cookies	15-20 Teddy Grahams™