



TOP 30 HEALTHY FOOD SWAPS

REACH FOR TOMORROW

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WELCOME



CARBOHYDRATES

INSTEAD OF THESE FOODS..

TRY THESE FOODS.

WHITE PASTA



White pasta is stripped of its nutrients and fiber during processing. It's high in calories and low in fiber, making it a poor choice.



WHOLE WHEAT PASTA



Whole wheat pasta has more fiber and protein which can lower cholesterol and control blood sugar levels as well as improve gut health.

WHITE PASTA



White pasta is considered to be a refined carbohydrate which is digested and absorbed faster causing fluctuations to your energy and blood sugar levels.



ZUCCHINI NOODLES



The best alternative is the whole wheat pasta as it will fill you up really well. However, if you're trying to lose weight, zucchini noodles are a great low-calorie choice.

WHITE POTATOES



White potatoes are high in certain nutrients, but they also lack fiber. This means that they are considered high glycaemic and raise your blood sugar levels.



SWEET POTATOES



Sweet potatoes contain tons of dietary fiber, as well as vitamin C, carotenoids, and potassium, which regulate blood sugar levels and blood pressure, as well as prevent vision loss.

WHITE RICE



White rice is void of nearly all nutrition and fiber. It's also highly processed and missing its hull (the hard protective coating), bran (outer layer) and germ (nutrient-rich core).



BROWN RICE



Brown rice contains more vitamins and minerals for a fraction of calories. While it still has fewer nutrients than healthy whole grains such as quinoa or buckwheat, it's a still a better choice to white rice.

CARBOHYDRATES

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WHITE RICE



White rice lacks a lot of nutrients, antioxidants and fiber compared to other whole grains.



QUINOA



Quinoa is a whole grain, it contains all nine essential amino acids. With its heart-healthy fats and low glycemic index, quinoa helps prevent cardiovascular disease as well as certain types of cancer.

WHITE BREAD



White bread is made from a mix of flour and refined grains, but it doesn't contain many vitamins or minerals. It's also low in fiber—meaning that it causes your blood sugar to spike quickly.



WHOLEMEAL BREAD



Wholemeal bread is a good source of dietary fiber, and contains polyphenols, antioxidants that have been linked to cancer prevention, heart health and immune system strengthening.

SUGARY CEREALS



They're high in calories, low in fiber and often contain added sugar.



OATS OR PORRIDGE



Oats and porridge are high in vitamins and minerals as well as antioxidants which protect our body from various health problems like high blood sugar levels, high blood pressure, and heart problems.

WHITE FLOUR



White flour lacks much of any nutritional value. It's higher in carbs and calories and lower in any sort of nutrients, like fiber, protein and vitamins.



COCONUT FLOUR



Coconut flour is higher in fiber content, plus it is high in protein and naturally sweet, so you won't need much else for flavor when using it as a breading or thickener.

MEATS AND POULTRY

INSTEAD OF THESE FOODS..

TRY THESE FOODS.

BEEF STEAK



Red meat, including beef, is high in saturated fat and cholesterol, which can raise blood pressure and cause heart disease.



CHICKEN BREAST



Chicken breast is one of the healthiest meats you can eat –high in protein and with virtually no fat. This lean meat also works well in place of beef, pork or veal.

BEEF MINCE



Beef mince is very similar to beef steak, it is high in calories, saturated fats and cholesterol. It is also highly processed.



TURKEY MINCE



Turkey mince is lower in fat and has a similar texture but with much less saturated fat.

CHICKEN NUGGETS



Chicken nuggets are highly processed and deep fried to get that golden crunchy texture. This makes them high in saturated fats and potentially trans fats.



SKINLESS CHICKEN BREAST



Chicken breast is one of the best meats that you can incorporate in your diet. You can also roll dice them and roll them in bread crumbs, but air fry them instead of deep frying.

PORK SAUSAGES



Eating excess amounts sausages and bacon can increase your risk of cancer, heart disease, and other health problems due to their content of saturated fats.



CHICKEN SAUSAGES



They're lower in fat than regular sausages and make a great swap for breakfast or lunch.

MEATS AND POULTRY

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BATTERED FISH



Fish battered in deep-fried batter is full of trans fat, which has been linked to increased risk of heart disease and stroke.



STEAMED OR BAKED FISH



Having a steamed or baked fish rather than battered means that you'll avoid excessive calories and unhealthy fats. You'll be consuming more of healthy fats that are great for your body.

MEAT PATTIES



Meat patties are fatty and can be high in saturated fat, which can contribute to a heart disease



GRILLED MEAT PATTIES



Grilled meat patties are low in both cholesterol and saturated fat. They're also a good source of protein, iron and other essential vitamins.

DEEP-FRIED TFU



Deep fried tofu contains lots of fat and sodium that it's nearly impossible to say if deep fried tofu has any nutritional value.



STEAMED/ STIR-FRIED TOFU



It's high in protein, low in calories and contains very little saturated fat. It has tons of other nutrients like manganese, calcium, potassium and iron which help prevent heart disease and cancer.

BACON/SALAMI



The sodium and saturated fats in bacon and salami can cause your blood pressure to shoot up, raising your risk of heart disease, and insulin resistance when consumed in excess.



ROASTED TURKEY BREAST



Turkey breast is lower in calories and fat. Plus, it's rich in B vitamins which help you obtain high quality energy.

INSTEAD OF THESE FOODS..

TRY THESE FOODS.

REGULAR CREAM



Regular cream and whipped cream are high in fat, making them extremely calorie-dense and often difficult to stop eating once you start.



EVAPORATED MILK



It has about a third of all of the nutrients found in whole milk with only half of its calories.

CHEDDAR



Cheddar is high in saturated fat, which can lead to health problems like heart disease. It's also not suitable for those looking to lose weight as it's high in calories.



MOZZARELLA



With protein, calcium, and Vitamin B-12, it's clear why mozzarella is one of the best cheeses.

SOUR CREAM



Sour cream tastes great, but it's loaded with calories and fat.



NATURAL YOGURT



Yogurt contains half as much sugar and is higher in protein and calcium. Yogurt also contains probiotics, which are good for your gut health.

BUTTER/MARGARINE



Butter contains high levels of saturated fat and cholesterol, which both contribute to heart disease. Plus, it's been found to contain traces of pesticides and other chemicals, which isn't good.



MASHED AVOCADO



Avocados taste similar to butter, but they are a great source of healthy fats, which help regulate your hormones, cholesterol and blood pressure.

INSTEAD OF THESE FOODS..

TRY THESE FOODS.

SUNFLOWER OIL



Sunflower oil is low in saturated fat but high in Omega-6 fats, a fatty acid that some doctors now believe might contribute to increased risk of heart disease.



OLIVE OIL/ RAPESEED OIL



Along with olive oil, rapeseed oil is probably one of our healthiest cooking oils. It contains less saturated fat and more omega-3 fatty acids.

LARD



Lard is derived from pig fat, and contains more saturated fat and cholesterol.



CANOLA OIL



Canola oil is high in healthy fats, vitamins K and E which help lower cholesterol and blood pressure, as well as protect the body from toxins and aging.

GHEE



Ghee is a great source of fat and has been shown to help stabilize blood sugar, and reducing cravings. However, it is high in calories and difficult to digest.



SESAME OIL



Sesame oil contains mostly monounsaturated fats, which help lower cholesterol levels, and has about 35% of your daily needs of manganese, which regulates blood pressure.

COATED NUTS



Oftentimes, nuts are coated in a mixture of oil and sugar. The oil makes them crispy, but also causes them to absorb high amounts of saturated fat.



DRY OR UNSALTED NUTS



Dry or unsalted nuts are lower in calories, and they satisfy your craving while adding bulk to your diet.

SAUCES, DRESSINGS AND SEASONINGS

INSTEAD OF THESE FOODS..

TRY THESE FOODS.

REGULAR SOY SAUCE



Soy sauce is very high in salt. Just 1 tablespoon contains approximately 800 milligrams of salt. High salt intakes are bad for your blood pressure and cholesterol.



REDUCED SALT SOY SAUCE



Reduced salt soy products contain approximately 40% less salt than the regular bottles. This makes them healthier for your heart.

REGULAR GRAVY



Gravy can be very high in salt. Some brands provide more than others, but in general, it's important to reduce the intake of salt to protect your heart.



REDUCED SALT GRAVY



Reduced salt gravies are a much better choice for your heart. They contain 20-30% less salt than the regular. As this varies, be sure to check the product labels.

PESTO



Pesto is extremely high in calories and fat. One cup can contain hundreds of calories and over half a day's worth of saturated fat—the kind that adds to heart disease risk.



BASIL OIL



Basil oil is a simple way to add a load of flavor to any dish without adding calories. It has a powerful aroma that makes it perfect for baked goods, pasta sauces and fish dishes.

MAYONNAISE



Not only is mayonnaise high in calories and bad fats, and it's also extremely salty.



NATURAL YOGURT



Yogurt is filled with calcium, which makes your bones strong and is important for healthy teeth. It also contains probiotics, which help your gut stay healthy by crowding out bad bacteria in your digestion.

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CAESAR SALAD DRESSING



Caesar salad dressing often contains an outrageous amount of fat and calories from oils.



BALSAMIC VINEGAR



Balsamic vinegar has more nutritional value since it contains antioxidants that protect against damaging free radicals in your body. It's even lower in sodium than most vinegars!

JAM AND CHUTNEY



Jam and chutney are packed with sugar which causes fluctuations to your blood sugar levels and energy.



REDUCED SUGAR JAMS



If you're trying to cut down on your sugar intake, reduced sugar jam is a great choice. The flavour of real jam is stronger than that of other spreadable sweeteners.

SUGAR



Consuming sugar regularly can lead to poor sleep, insulin resistance, diabetes, high blood pressure, high blood sugar levels, and more.



NATURAL SWEETENER



natural sweeteners are better than sugar as they are made from natural sources like tree bark. Avoid artificial sweeteners though, they are just as bad as sugar.

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BONUS!

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THANK YOU
LET'S CONNECT!



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