

CRAVING THIS? EAT THAT

Sometimes, even when your mind wants to eat healthy, your body's cravings don't cooperate.



These food swaps can help you stick with your healthy eating plan.

CRAVING A SAVORY TREAT?

Instead of potato chips, try unsalted nuts.



CRAVING SUGAR?

Instead of brownies, try a baked apple.



CRAVING A CRUNCH?

Instead of chips and dip, try veggies with a yogurt and herb dipping sauce.



CRAVING MEAT?

Instead of red meat, try poultry or fish.



CRAVING CARBS?

Instead of mashed potatoes, try mashed cauliflower.



CRAVING A FIZZY DRINK?

Instead of soda, try sparkling water.



CRAVING A FROZEN TREAT?

Instead of ice cream, try a homemade smoothie.



CRAVING A BAKED SWEET?

Instead of oil or butter, try using applesauce.

