

Simple Food Swaps

College can be a whirlwind with less time to be thoughtful about what you eat. Quick and convenient foods often lack the nutrients your body needs to fuel you through busy days. Use these easy food swaps to increase your intake of essential nutrients and decrease your intake of processed foods.

Greek Yogurt vs Sour Cream

Proteins are the building blocks for bone, muscle, skin, and blood. Swap sour cream for Greek yogurt when cooking or baking to boost your protein intake while limiting consumption of saturated fats!

Fruit vs Fruit Juice

Fruits provide all the great nutrients and fiber that juices lack! This swap avoids added sugars that some fruit juices contain. Eating a diet full of fiber-packed fruits and vegetables can reduce the risk of heart disease, obesity, and type 2 diabetes.

Avocado vs Mayonnaise

Substitute mayo for avocado in chicken salad and egg salad to add in healthy fats to your diet. Your body needs healthy fats in order to boost immunity and help absorb nutrients. Avocados are also packed with vitamins and minerals, which make them a super nutrient dense food!

Cauliflower vs Mashed Potatoes

When cooked and mashed, cauliflower has a very similar, silky texture as mashed potatoes. Add some almond milk to make it creamy. This is a creative way to get veggies in, excellent source of Vitamin C and fiber!

Whole Grain vs White

Swap out that plain bagel for a whole grain English muffin! Consuming just half of your grains as whole grains can decrease your risk for heart disease. Not only does this provide extra disease-fighting whole grains in with this swap, 5 grams is a quarter of the recommended amount of fiber per day! Add some peanut butter for a balanced snack!

Zucchini Noodles vs Pasta

Zucchini noodles are a unique way to increase your vegetable intake! Zoodles are an excellent source of Vitamin C and Vitamin A, which helps with iron absorption and fighting against infections. Enjoy them just like spaghetti by adding some tomato sauce and your choice of protein!

Oatmeal vs Granola

Oatmeal is an inexpensive low sugar breakfast option. On top of that, oats are a source of soluble fiber that reduces serum cholesterol levels and prevents blood sugar spikes. Top with fresh berries and peanut butter to make a nourishing and balanced breakfast!

Sweet Potatoes vs White Potatoes

Sweet potatoes contain far more Vitamin A and fiber. Vitamin A is responsible for keeping your eyes and skin healthy. Cut into wedges, toss in olive oil, and bake them in the oven at 400 degrees for 20 minutes to make homemade sweet potato fries!

Popcorn vs Potato Chips

Lower your processed fat and sodium intake by swapping those chips out for popcorn! Sprinkle with parmesan cheese for a savory and satisfying on-the-go snack!

Quinoa vs White Rice

Quinoa is an excellent source of plant-based protein! Quinoa is unique in that it contains all the essential amino acids and is packed with fiber and vitamins!