

Swap it out

One small change can make a big difference.

Instead of:

Salt



Try:

Herbs and spices



1 cup of canola oil



1 cup of olive oil



1 cup of mayo



1 cup of Greek yogurt



1 cup of butter



1 cup of mashed avocado



1 cup of flour



1 cup of black beans



1 cup of sugar



1 cup of unsweetened applesauce



Mashed potatoes



Mashed cauliflower



1 cup of white rice



1 cup of brown rice



Pasta



Zucchini ribbons or spaghetti squash



1 cup of ground beef



1 cup of ground turkey

