Swap it out

One small change can make a big difference.

Instead of:

Salt

1 cup of canola oil

1 cup of mayo

1 cup of butter

1 cup of flour

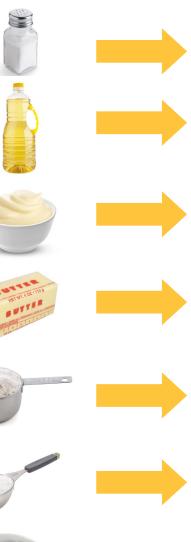
1 cup of sugar

Mashed potatoes

1 cup of white rice

Pasta







ground beef



Care you feel good about. 866.246.8259 www.chnnyc.org

Try:

Herbs and spices

1 cup of olive oil

1 cup of Greek yogurt







1 cup of mashed avocado

1 cup of black beans



1 cup of unsweetened applesauce

Mashed cauliflower

1 cup of

turkey

brown rice

Zucchini ribbons or

spaghetti squash

1 cup of ground









