



TRINITY  
school of natural health

# Simple Food Swaps

to Improve Nutrition

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## Does Less Ever Mean More?






————— If you are looking to optimize your eating habits and pursue wellness more holistically, you might assume you should consume less food than you usually do. This can lead to frustration and guilt when cravings take over. However, choosing healthier foods can be easier than you think, and you don't need to sacrifice flavorful options. You can enjoy delicious variations of your favorite meals while also reaping the benefits of a more balanced diet.

### SIMPLE SWAPS FOR ANY MEAL

Making little changes in your eating habits can make a huge difference in your overall wellness. The key is to switch out foods high in empty calories, trans fat, salt, and sugars for healthier variations.<sup>1</sup> Here are several practical, simple examples of foods you can incorporate into your diet at any time of the day without sacrificing taste and enjoyment:






## Breakfast

Eating breakfast is a great way to start your day with a boost of nutrients and energy. The best choices include foods high in fiber, protein, healthy fats, vitamins, and minerals.<sup>2</sup> Here are a few ideas to get you started:

INSTEAD OF :		TRY :
Cereal	»	 Rolled or steel-cut oatmeal with fresh fruit, nuts, and chia seeds
Processed yogurt	»	 Greek yogurt with organic honey
White bread and butter	»	 Avocado spread on whole-grain toast
Cheesy eggs with bacon	»	 Seasoned eggs with sautéed vegetables
White bread, bagels, and muffins	»	 Whole-grain varieties <sup>3</sup>






## Lunch

Lunch can sometimes be a rushed, thrown-together meal of whatever happens to be in the pantry. However, viewing lunch as a vital part of keeping your energy levels up for the remainder of the day is important to a healthy lifestyle. Adding foods high in fiber, protein, and antioxidants can give you that little boost you need.<sup>4</sup> Here are a few ideas to get you started:

INSTEAD OF :		TRY :
White bread	»	 Whole-grain bread
Cheese spread and club crackers	»	 Raw cheese and whole-grain crackers
Fruit gummies	»	 Berries and fresh fruit
Potato chips	»	 Vegetable sticks and hummus or veggie chips
Sugary granola bar	»	 Trail mix with nuts, seeds, and dried fruit

## Dinner

After a long day, enjoying the pleasures of a meal can be a reward. Whether you are eating alone, with your family, or in a social situation, there are plenty of ways to promote health without sacrificing the flavors you love. Here are a few ideas to help you get started:

INSTEAD OF:		TRY:
Pasta with white sauce	»	 Whole-grain pasta or spiral cut squash with a red, vegetable-based sauce <sup>5</sup>
Fried or breaded chicken	»	 Lean, organic grilled chicken breast <sup>6</sup>
White or sticky rice	»	 Brown or cauliflower rice <sup>7</sup>
Pepperoni pizza	»	 Pizza with cauliflower crust and organic, lean chicken or veggies
Steak or other fatty meats	»	 Grassfed beef or wild-caught coldwater fish, like salmon

## Drinks

Not only do the foods you eat affect your overall health, but so do the drinks you consume. Even decisions like switching out your sweetener for one lower on the glycemic index,<sup>8</sup> such as date syrup and raw honey, can make your daily beverages better for your body's functionality. Of course, drinking enough water is the most important aspect of a healthy lifestyle, but there are ways to make the “fun” drinks better for you. Here are a few ideas to get you started:

INSTEAD OF:		TRY:
Soda	»	 Sparkling water with fruit slices or kombucha
Energy drinks	»	 Organic coffee and teas
Lattes	»	 Coffee with almond milk and organic honey
Packaged hot chocolate	»	 Homemade hot chocolate
Beer, margaritas, and other high-calorie alcoholic beverages	»	 Low-sugar red wine or clear liquor mixed with club soda



## **Conclusion** Simple Food Swaps to Improve Nutrition

While being mindful of a healthy lifestyle is important, obsessing about your diet may lead to a fixation with food or cause behaviors and thought patterns associated with disordered eating.<sup>9</sup> Instead, you can promote holistic wellness by focusing on meal quality and choosing a wide variety of foods to support your body's physiology. If you know that changing your diet and focusing on food could be a harmful process for you, gain the support of your doctor or a mental health professional before changing any of your eating patterns.

At Trinity School of Natural Health, we teach students how to maximize nutrition, adopt a healthier lifestyle, and equip others to live well, too. Enroll in our Certified Nutritional Consultant program today by calling 800-428-0408, option 2, or visit our website to learn more at [TrinitySchool.org/CNC](https://TrinitySchool.org/CNC).



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## References

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