

# USING FOOD AS MEDICINE

## A Simple Guide to Healthy Food Swaps

What we put on our plate every day is one of the most powerful things we can do for our well-being. The food we eat every day can quite literally treat, heal, and prevent numerous, common physical and mental health conditions—and research is increasingly backing that up.

This guide is a simple starting point to help you make everyday food swaps that taste good, support your health, and make cooking at home feel easier and more nourishing.



### 1. Everyday Staples: Healthy Food and Beverage Swaps

Swap processed grains for whole, nutrient-dense options		
Instead of...	Try this:	Why?
White bread	Sprouted grain or sourdough	More nutrients, less glucose spike
White rice	Wild rice, quinoa, cauliflower rice	More fiber and protein
Flour or corn tortillas	Butter lettuce wraps	Lower calories and carbohydrates
Sugary cereals	Organic oats with nuts + berries, chia pudding	Stable energy, less inflammatory
Swap processed snacks for whole-food alternatives		
Instead of...	Try this:	Why?
Candy	Dark chocolate (70% cacao)	Less sugar, high antioxidants
Granola bars	Raw or dry roasted nuts, seeds, berries	No added sugar, stabilizes glucose
Flavored yogurt	Plain Greek yogurt with berries or mango puree	Less sugar, probiotics, more protein
Swap sugary drinks with nutrient-rich alternatives		
Instead of...	Try this:	Why?
Soda	Sparkling water + citrus or herbal tea	No added sugar, sweeteners, or caffeine for better hydration
Fruit juice	Water infused with fresh fruit	Less sugar, stabilizes glucose
Flavored coffee drinks	Coffee with coconut milk and/or cinnamon	No artificial flavors

## 2. Simple Swaps to Reduce Meat and Sugar in Your Meals

<p><b>Try a protein flip.</b> Instead of making meat the main and largest component on your plate, try making plant-based foods the star of the meal. A few ideas:</p>	
<p>Swap meat and potatoes for a nutritious Greek salad.</p>	<p>Use a mixture of greens as a base, add cooked legumes or quinoa, roasted potatoes (or other veggies), garbanzo beans, olives, pistachios, and avocado. Top with a small portion of chicken, steak, or lamb. Finish with olive oil, a squeeze of lemon, and fresh herbs.</p>
<p>Swap traditional tacos for a healthier taco bowl.</p>	<p>Start with a base of wild rice, top with black beans, taco veggies, and a smaller portion of cooked, ground turkey</p>
<p><b>Go meatless for one meal a week.</b>                  Reducing meat consumption and increasing veggies, legumes, and whole grains in your diet has numerous, proven health benefits, including reduced risk of heart disease, diabetes, and obesity.</p>	
<p>Soups are a great way to go meatless and still feel satisfied.</p>	<p>Vegetable soup, lentil soup, bean soup are packed with nutrients. Add a big salad and piece of sourdough bread to complete the meal.</p>
<p><b>Try a dessert flip to reduce added sugar.</b>                  Reverse portion sizes in desserts—like cheesecake and fruit—so fruit is the main event and cheesecake is the smaller portion.</p>	
<p>Cheesecake and fruit dessert</p>	<p>Eating naturally sweetened foods, and reducing added sugar and artificially sweetened foods, helps retrain your palette to appreciate natural sweet flavors.</p>
<p>Fresh strawberries and dark chocolate</p>	<p>Research suggests that dark chocolate with 70% or more cocoa may be beneficial for your health when eaten in moderation. Aim for low added sugar content.</p>
<p>Parfait with unsweetened yogurt and fruit and nuts</p>	<p>Unsweetened yogurt with fruit and nuts is a healthier alternative to an ice cream sundae</p>