



Cardinal Wellness

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Contact Us

On our Cardinal Wellness
Facebook Page

Eating healthy made simple

What is Smart Swap?

Smart Swap is exchanging unhealthy foods for healthier options.


You can still enjoy your favorite home-cooked meals but with a healthier twist. Healthy home-cooked meals along with smart shopping allow you to control what is going into your recipes and your body! Swapping in more nutritious alternatives to everyday ingredients can cut back on unwanted carbs, fats and sugars.



Healthy Switches

		NOTES
	→	*GO TO: WHATMOMSLOVE.COM FOR FULL RECIPE
BREAD/BAGELS/BUNS/PIZZA/ENGLISH MUFFINS		
		
BUTTERNUT SQUASH TOAST*		
	→	
WHITE PASTA		
		
WHOLE WHEAT PASTA		
	→	*USE SPIRALIZER
SPAGHETTI		
		
SPAGHETTI SQUASH		
		
ZUCCHINI NOODLES*		
	→	*USE PEELER
FETTUCCINE/LINGUINE		
		
ZUCCHINI OR SQUASH RIBBONS		
	→	*THINLY SLICED WITH KNIFE OR MANDOLIN
LASAGNA NOODLES		
		
ZUCCHINI STRIPS*		
	→	
RICE		
		
QUINOA OR BARLEY		
	→	
TACOS		
		
ROMAINE LETTUCE		
	→	KALE, CHARD + COLLARDS WORK NICELY
TORTILLAS		
		
LEAFY GREENS		
	→	
MASHED POTATOES		
		
SWEET POTATO MASH		
		
CAULIFLOWER MASH		
	→	*BAKED IN OVEN
FRENCH FRIES		
		
ZUCCHINI FRIES*		
		
SWEET POTATO FRIES*		
	→	*USE FOOD PROCESSOR FOR BEST RESULTS
BREAD CRUMBS		
		
CRUSHED NUTS*		
	→	
JARRED TOMATO SAUCE		
		
FRESH DICED TOMATOES		
	→	
OIL		
		
COCONUT OIL		

More Healthy Switches

	→		SUB AS ADD-IN TO BAKED GOODS
CHOCOLATE CHIPS		DRIED FRUIT	
	→		FREEZE BANANA SLICES; PLACE IN BLENDER; BLEND UNTIL SMOOTH
ICE CREAM		FROZEN BANANAS	
	→		
FROSTING		WHIPPED CREAM	
	→		1 CUP COCONUT MILK
1 CUP CREAM		1 CUP COCONUT MILK	
	→		1 CUP GREEK YOGURT
1 CUP SOUR CREAM		1 CUP GREEK YOGURT	

More information

For more examples of healthy food swapping you can visit:
https://www.move.va.gov/docs/NewHandouts/Nutrition/N24_RecipeSmartStandInsForHealthyCooking.pdf

Resources

[HTTPS://WHATMOMSLOVE.COM/FOOD/HEALTHY-FOOD-SWAPS-SUBSTITUTIONS-CHART-CHEAT-SHEET/](https://whatmomslove.com/food/healthy-food-swaps-substitutions-chart-cheat-sheet/)
[HTTPS://WWW.MOVE.VA.GOV/DOCS/NEWHANDOUTS/NUTRITION/N24_RECIPESMARTSTANDINSFORHEALTHYCOOKING.PDF](https://www.move.va.gov/docs/newhandouts/nutrition/n24_recipessmartstandinsforhealthycooking.pdf)