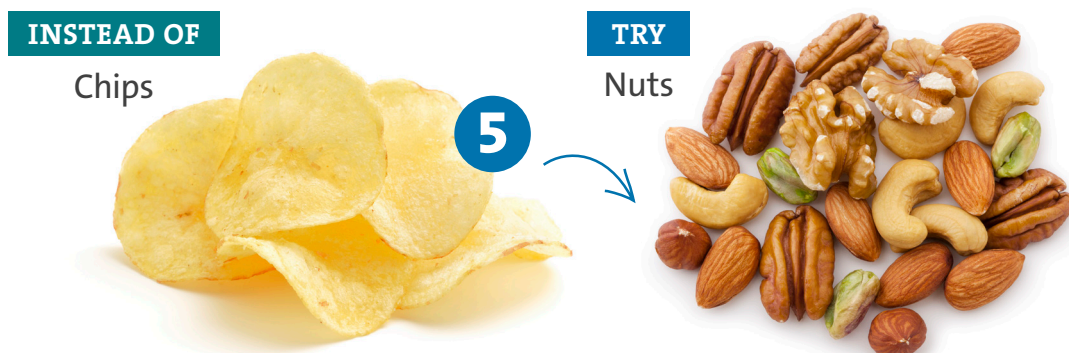
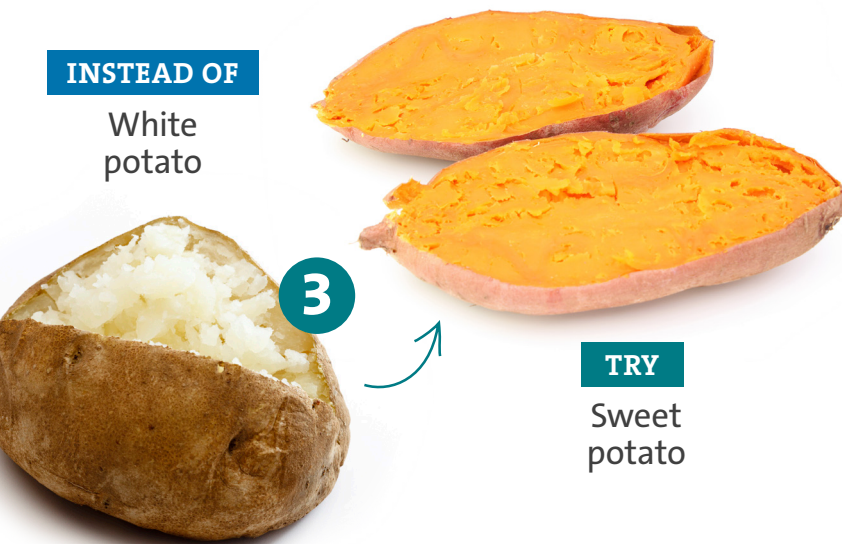
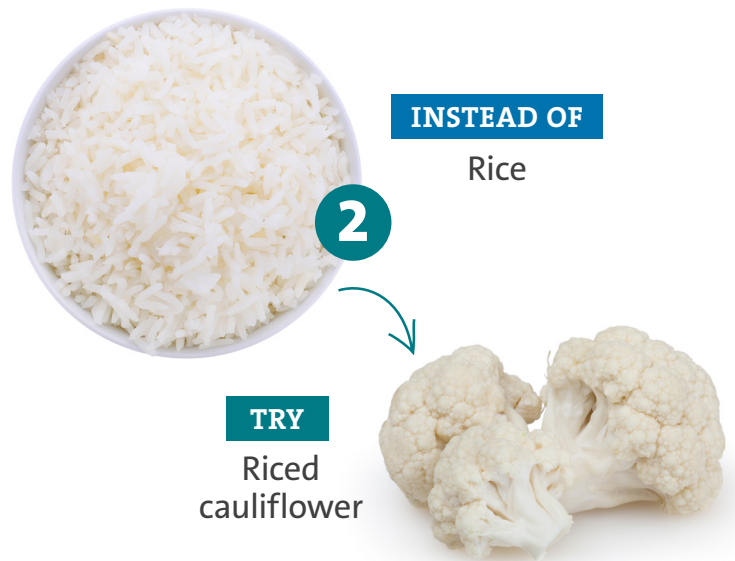
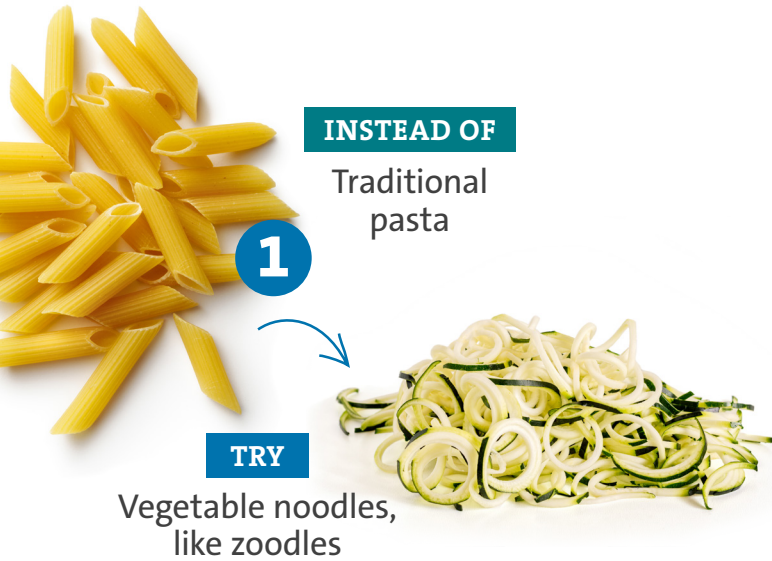


10 Simple Substitutions

Looking to make some healthier choices? These simple substitutions can help increase your nutrients and up the health value in your meals.





INSTEAD OF
Burger bun

6

TRY
Lettuce wrap



INSTEAD OF
Bagel

7

TRY
Whole-grain toast



INSTEAD OF
Sour cream



8

TRY
Non-fat Greek yogurt



INSTEAD OF
Latte or mocha

9

TRY
Americano or tea



INSTEAD OF
Soda



10

TRY
Seltzer water



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