

Simply healthy eating tips that can lead to weight loss only by discovering nutritious substitutes for high-calorie foods!



Remember! Small steps lead to big changes.

Food Example	Replacement
Processed dressings	Olive oil and balsamic vinegar
Sour Cream	Low fat Greek yoghurt
Chips / Crisps	Air-popped popcorn
Alcoholic Cocktails	Wine or beer (in moderation)
White Rice	White Rice
Sugary Cereal	Oatmeal
Mayonnaise	Mustard
Caffe Latte	Black coffee
Fried Eggs	Boiled or poached eggs
Cream-based dips	Salsa
Fizzy Drinks	Sparkling water
White Rice	Brown rice