

KEYS TO BETTER HEALTH™

Smart Swaps For Pounds Lost!

We at **Keys To Better Health™** understand how difficult it is to lose weight and keep it off. It takes hard work and discipline, and a commitment to eating healthy and exercising daily.

We'd like to share a smart and easy way to get a jump-start on weight loss this year, and it starts by swapping high fat and high calorie foods with smarter choices when snacking and cooking meals for the family.

Swapping out unhealthy foods with healthier choices will satisfy cravings and lead to increased weight loss.

- Instead of granola, try bran flakes, oatmeal or grits. Ditch greasy bacon and sausage for Canadian bacon or lean ham. Goodbye sour cream, hello plain nonfat or Greek yogurt. Go for egg whites or egg substitute instead of whole eggs. Go with red sauce instead of white when cooking pasta. Nuts are high in fat – go for air-popped popcorn instead. Over time, these healthy swaps will lead to a healthier you.
- When cooking dinner, try experimenting with dishes from around the world, as many ethnic dishes offer low-fat, low-calorie choices that are full of flavor and health benefits.
- Mexican: Use corn tortillas instead of flour. Top dishes with salsa or picante instead of cheese or sour cream. Use rice and beans instead of animal proteins.

- Chinese: Look for recipes with the words zheng (steamed), jum (poached), or kao (roasted). Use more veggies, avoid MSG and sweet and sour sauce, and choose steamed over fried rice.
- Italian: Look for recipes with the words red sauce, primavera (no cream), and piccata (lemon). Choose recipes that require items to be lightly sautéed or grilled, and avoid cream sauces and cheeses.



Spice things up to save calories and fat. The following spices can do wonders for flavor while reducing calories and fat:

- Mint: Use in lamb, fruits, tea, fruit beverages, peas, carrots, potatoes, jellies, soups, sauces
- Nutmeg: Use in baked goods, pies, cream sauces, soups, chicken, veal, vegetables, desserts, breads
- Saffron: Use in baked goods, rice, potatoes, soups, sauces, curry, meats
- Basil: Use in tomato dishes, pesto, egg dishes, salads, marinades, fish
- Cayenne: Use in soups, sauces, fish, eggs

Keys To Better Health™ is here to help you swap out high fat, high calorie foods with colorful tags right on the store's shelf edge highlighting foods that are "Heart Healthy," "Organic," "Low Sodium," "Sugar Free," and so much more!

