

Healthy



Swaps

Cream Cheese: Cream cheese can still grace your morning bagel. Reach for the whipped type in the dairy case and save about half the calories and saturated fat.

Don't Squeeze That Orange: Orange juice and breakfast just seem to go together. But if you want a citrus kick, you're better off getting it from an actual orange. A cup of orange juice fills your glass with about 21 grams of sugar and almost no fiber. A large orange has a little less sugar and more than six times the heart-healthy fiber.

Chill Out With Fruit: Does ice cream top off your list of comfort foods? Cool off instead with ½ cup of juicy, frozen blueberries topped with a creamy dollop of nonfat yogurt. This sweet dessert has almost no saturated fat, compared with 14 grams in some premium ice creams studded with rich extras. You slash the calories and sugar, too.

Pick Healthier Fruit: Fruit has it all, lots of fiber, not many calories, and it's good for your weight and blood pressure. Go natural and skip fruit that's canned in syrup. Even a cup of peaches in "light" syrup has 33 grams of sugar.

Go Greek (Yogurt), Instead of Mayo: Replace fatty mayo with nonfat Greek yogurt in your tuna or chicken salad, or spread one tablespoon of this thick, tangy yogurt on a lean turkey sandwich piled high with veggies. You'll swap out fat calories and take in a little extra protein and calcium.

Slim the Cheese in a Casserole: Lasagna and other cheesy bakes often call for ricotta and other recipes may call for the full-fat kind. Switch to low fat and you'll cut out 9 grams of saturated fat per serving. That's a big help when you're trying to stay under 16 grams per day for health. Ricotta or cottage cheese is OK, as long as it's reduced fat.

Bake your Catch: How you cook your fish makes a big difference to your heart. Bake it or grill it with spices or lemon instead of frying it to cut down on artery-clogging saturated fat. Bake more delicate fish: cod, tilapia, or grouper. Firmer fish can be thrown on the grill: snapper, sea bass, or halibut. Compared with fried fish, you'll save about 70 calories and half the saturated fat.

Gobble Turkey Sausage: Shop smart at the grocery store. Low-fat turkey sausage instead of pork or beef sausage will do your heart good. Simmer it with fiber-rich beans and veggies. At breakfast, three links of lean turkey sausage adds up to just 1.5 grams of saturated fat. A similar pork sausage has three times as much.

"Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body." (1 Cor. 6:19-20).

"Let food be thy medicine and medicine be thy food" ~Hippocrates

"Garbage in garbage out" ~George Fuechsel

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