

Suggestions for smart food swaps:

CARBS TO LIMIT: Instead Of:	SMARTER CARBS: Choose:	BEST CHOICES: Better Yet:
Candy	Dried Fruit (no sugar added)	Whole Fruit
Soda, Punch & Sports Drinks	Fresh 100% Fruit Juice	Water with Squeezed Fruit or Whole Fruit
White Bread	Whole Wheat Bread	Sprouted Grain Bread
Enriched Pasta	Whole Wheat Pasta	Raw Zucchini or Squash Noodles
White Crackers	Whole Grain or Seed Crackers	Raw Vegetable Sticks
Pizza (frozen or take-out)	Whole Grain Veggie Pizza	Socca Pizza
Chocolate Chip Cookie	Fruit & Nut Bar	Fresh Strawberries
Sugary Cereal	Bran Cereal (no sugar added)	Whole Grain Oats

