



10

Easy Food

Switches

to make

Right Now



Eat Butter, not margarine.

Drink sparkling water, not pop or juice.

Eat sprouted grain bread instead of
white or whole wheat.

Buy "grass fed" cheese instead of
your regular cheese.

Replace half your starch with veggies at dinner.

Replace your regular coffee
with "half-caff" coffee.

Buy high fibre and lower sugar
cereal for breakfast

Eat popcorn, not chips.

Make breakfast for dinner
instead of ordering out.

Snack on soup instead of a treat for
your afternoon snack.