REPLENISH
NOURISHING NEIGHBORS

CULINARY LEARN AND SHARE

Use This Instead of That

Below you can find some healthier substitutions for common items.

- Try sparkling water instead of soda
- Try plain shredded wheat instead of frosted shredded wheat
- Try plain, low-fat yogurt with fruit instead of full-fat yogurt with added sugars
- Try vegetable oil instead of butter
- Try brown rice instead of white rice
- Try vegetables instead of high-sodium snacks
- Try making your own salad dressing instead of the premade ones