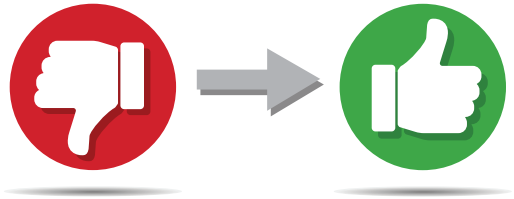
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Healthy for Good™

Deliciously Smart Swaps



Swap mayonnaise for low-fat/fat-free and no-sugar-added Greek yogurt to swap saturated fat for protein and calcium in dressings. Swap beans for half of the meat to swap saturated fat for protein and fiber in chili.

Try these healthy, delicious swaps:

Low-fat/Nonfat Greek Yogurt
instead of **sour cream** on baked potatoes – cool, tangy, and packed with protein and calcium



Nuts
instead of **chips** for a snack – savory and satisfying, with protein, healthy fats and fiber



Low-fat/Nonfat Greek Yogurt
instead of **heavy cream** in soups – rich and creamy, with less saturated fat



Quinoa
instead of **white rice** on the plate – a flavor adventure, packed with fiber, protein, B vitamins and minerals



Find recipe inspiration at **recipes.heart.org**.

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