





Healthy Ingredient Swaps

Directions: Match the unhealthy ingredient on the left with the healthier option on the right.

Sugar



Fried Chicken



White Flour



Frozen Fruit with Added Sugar



Canned Fruit in Syrup



Canned Vegetables and Beans



Eggs





Whole Wheat Flour



Unsweetened Frozen Fruit



Vanilla Extract & ½ Sugar



No-Salt-Added or Low-Sodium Veggies or Beans



1/4 cup Unsweetened
Applesauce
OR 1 tsp Baking Soda +
1 TBSP Vinegar
OR 1/4 cup Mashed Banana



Grilled, Skinless Chicken



Canned Fruit in 100% Juice or Water

Answer Key: Sugar = Vanilla Extract & % Sugar; Fried Chicken = Grilled, Skinless Chicken; White Flour = Whole Wheat Flour; Frozen Fruit with Added Sugar = Unsweetened Frozen Fruit; Canned Fruit in Syrup = Canned Fruit in 100% Juice or Water; Canned Vegetables and Beans = No-Salt-Added or Low-Sodium Veggies or Beans; Eggs = % cup Unsweetened Applesauce Canned Vegetables and Beans = OR 1 tsp Baking Soda + 1 TBSP Vinegar OR % cup Mashed Banana

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