

Healthy Ingredient Swaps

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

<p>Sugar</p> 	 <p>Whole Wheat Flour</p>
<p>Fried Chicken</p> 	 <p>Unsweetened Frozen Fruit</p>
<p>White Flour</p> 	 <p>Vanilla Extract & ½ Sugar</p>
<p>Frozen Fruit with Added Sugar</p> 	 <p>No-Salt-Added or Low-Sodium Veggies or Beans</p>
<p>Canned Fruit in Syrup</p> 	 <p>¼ cup Unsweetened Applesauce OR 1 tsp Baking Soda + 1 TBSP Vinegar OR ¼ cup Mashed Banana</p>
<p>Canned Vegetables and Beans</p> 	 <p>Grilled, Skinless Chicken</p>
<p>Eggs</p> 	 <p>Canned Fruit in 100% Juice or Water</p>

Answer Key: Sugar = Vanilla Extract & ½ 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 = ¼ cup Unsweetened Applesauce OR 1 tsp Baking Soda + 1 TBSP Vinegar OR ¼ cup Mashed Banana