

SMART SWAPS



There are many healthy substitutions for ingredients that you can make when you are cooking to reduce sugar, sodium, and fat and increase the nutritional benefits of your meals.

*Educational content provided by
UGA Extension in Thomas County.*

EAT BETTER. LIVE BETTER.

Wellness Wednesday

START SMALL, SMART SWAPS ADD UP!

INSTEAD OF

TRY THIS

Sour cream

Greek yogurt

Baking with
butter or oil

Baking with applesauce
or mashed bananas

Dipping veggies
in ranch dressing

Dipping veggies
in yogurt dips

All-Purpose
Flour

Replace half with
whole wheat flour

Whole milk

Skim or 2% milk

Salt

Herbs and spices

Ground
beef

Ground turkey or
extra lean ground beef

Sugary syrups

Vanilla extract or cinnamon

This message is brought to you by Live Better and our partner Marketing Communications.



Live Better is an Archbold Medical Center-led collaborative of key community leaders and partners focused on improving the overall health of citizens in Thomas County.