

Improving Diet With Small Changes – tip sheet

Attitude matters! Be positive!

Arm your environment for success

- Choose foods that support your goals
- Make a commitment to make more meals and snacks at home rather than opting for convenience

Support systems are important in success (spouse, children, friends)

- Different kinds of support come in different packages

Do:

- Eat “fresher” in place of processed
- Skip the add-ons like sauces or dressings and heavy use of butter or salt
- Make changes! You won't see progress with out trying something new

Instead of:	Try:
regular ground beef	90% (or higher) lean ground beef, or lean ground turkey breast
sour cream	nonfat plain yogurt, or Greek yogurt
butter or margarine	oils like olive oil, avocado oil or canola oil
cream or whole milk, reduced fat milk or 2% milk	low-fat or 1% milk or skim/nonfat or 0% fat milk, almond milk, oat milk or soy milk
regular mayonnaise	light or vegan mayonnaise, mustard or hummus; or try half light mayo to half Greek yogurt
high fat deli meats (bologna, salami or pastrami)	low sodium turkey or chicken breast (or cooked fresh chicken or turkey)
butter on bread	smashed avocado, hummus or PB2 peanut butter
soda or alcohol	sparkling water
chips	air-popped popcorn
sugary cereals	oatmeal flavored with a bit of raisins and honey or maple syrup
white rice	brown rice or wild rice
pasta	vegetable noodles