



# Healthy Food Changes

## Small Steps for Beginners

Have you reached a point where you are ready to eat healthier, but you don't know where to start? The information circulating on healthy eating can be confusing and overwhelming, but it doesn't have to be—if you take small steps.

➤ **Start by replacing soda with water or unsweetened tea.**

Soda is loaded with high fructose corn syrup (sugar). It also contains artificial colors and flavoring, and no nutritional value at all! Opt for water with lemon and flavored teas.

➤ **Replace cow's milk with almond, oat, or cashew milk.**

Cow's milk is loaded with hormones and compounds that can increase the risk of breast cancer, ovarian cancer, and prostate cancer. Replace cow's milk with non-dairy unsweet almond, vanilla almond, oat, or cashew milk.

➤ **Replace white sugar with natural sweeteners.**

Refined sugar is linked to conditions like obesity, type 2 diabetes, heart disease, and cancer. Replace sugar with natural sweeteners such as date paste or date syrup, maple syrup, unsweet apple sauce, and mashed bananas.

➤ **Replace refined white salt and pink sea salt with Mrs. Dash.**

Processed food is loaded with sodium. Mrs. Dash is a great alternative since it has no sodium and has a variety of choices to enhance the flavor of food. Begin cutting down cooking with salt until you are comfortable with little to none added. Both white and pink salt contain the same amount of sodium known to raise blood pressure. When sodium intake is reduced blood pressure begins to fall.

➤ **Replace sugary cereal with oatmeal topped with fruit.**

Store-bought cereals (even those that claim high fiber) are high in sugar. Organic rolled oats have no sugar and 4 grams of fiber. The average person gets very little fiber. Topping oatmeal with fruit; banana, blueberries, and strawberries, increases the amount of fiber intake and keeps you full longer. Other added fiber toppers are chia seeds or ground flax.

➤ **Add in more fruits, vegetables, and greens to meals.**

Fruits, vegetables, and greens are rich in vitamins, minerals, and fiber. Try adding some to every meal. The average person eats very little of these whole food groups.

By taking some small steps, (maybe one or two steps each week)—you will begin to see and feel a difference in your overall health.

**Disclaimer:** Please note the information provided in this handout is for educational purposes. It is not meant to replace the advice of your doctor. Consult your doctor about health concerns before making any dietary changes.

Sources:

Adapted from sproutingzen

<https://sproutingzen.com/10-easy-healthy-food-swaps-for-better-health-list/>

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