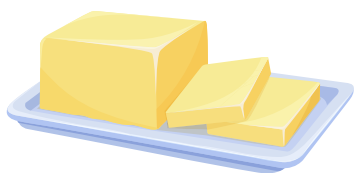


Change
↓
it
↑
Up!

Healthy Twists for your Favorite Family Recipes

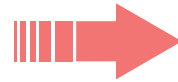


Butter
(Saturated Fat)



Olive Oil
(Unsaturated Fat)

Original Item



Healthier Choice

Reduced Sodium

1/3 cup	Canned Beans	1/3 cup	No-Salt Added Canned Beans
1 cup	Chicken Broth	1 cup	Unsalted Chicken Broth

Increased Fiber

1/3 cup	White Rice	1/3 cup	Brown Rice
1 cup	Apple Juice	1	Whole Apple

Healthier Fats

1 Tbsp	Cream Cheese	1 Tbsp	Peanut Butter
1 Tbsp	Mayonnaise	1 Tbsp	Avocado

Reduced Calories

1 cup	Whole Milk	1 cup	1% Low-Fat Milk
1 lb.	80/20 Ground Beef	1 lb.	90/10 Ground Beef

Added Flavor

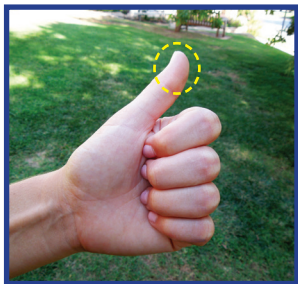
1 tsp	Salt	1 tsp	Salt-Free Italian Seasoning
1/2 tsp	Sugar	1/2 tsp	Cinnamon

Increased Vitamins & Minerals

1/2 cup	Butter (Baking)	1/2 cup	Applesauce
2	Scrambled Eggs	1	Omelet with Spinach & Red Pepper

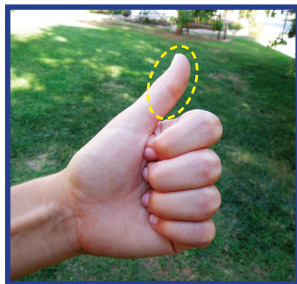
Find recipes using these healthy swaps at onieproject.org/recipes

Recommended Portion Sizes



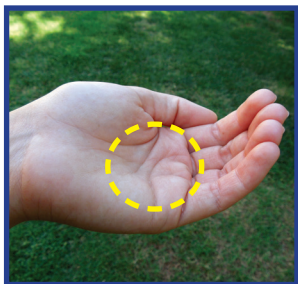
Thumb tip = 1 tsp

Cooking Oil, Mayo, Butter & Sugar



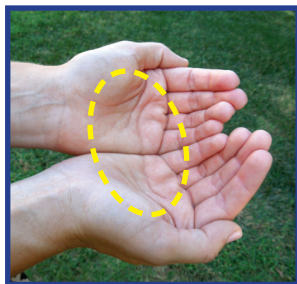
Thumb = 1 ounce

Peanut Butter & Hard Cheese



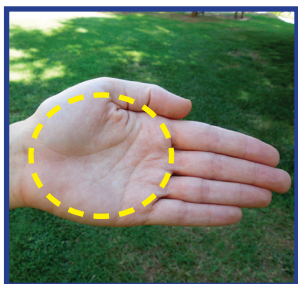
Handful = 1 ounce

Nuts & Raisins



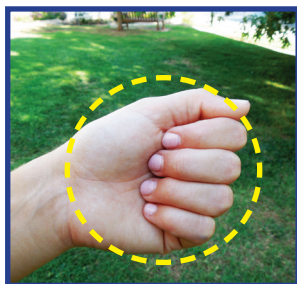
2 Handfuls = 1 ounce

Chips, Popcorn & Pretzels



Palm = 3 ounces

Meat, Fish & Poultry



Fist = 1 cup

Rice, Pasta, Fruit & Veggies



 **ONIE PROJECT.ORG**

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