

Simple Swaps for the Ones You Love

Holidays can be a challenge when you are trying to live a healthy lifestyle. Celebrations are often centered around food – and not always the nutritious kind! While Valentine’s Day is a good occasion to indulge, a few simple swaps can create more healthy meals. A little indulgence now and then can fit within an overall healthy eating pattern. Check out these simple swap ideas:

- Swap sugar treats for dried fruit. Dried fruit will give you the added sweetness you’re craving.
- Swap regular yogurt for Greek yogurt. Greek yogurt is typically higher in protein and lower in salt and sugar than regular yogurt.
- Swap sugar for cinnamon. Cinnamon is a healthy option when you need a little sweetness.
- Swap chips for veggies. If you love a good dip, use veggies.
- Swap white bread, bagels, or muffins with their whole wheat counterparts.
- Swap shakes and soda for smoothies or fruit flavored water.
- Swap chips for nuts. Nuts are heart-healthy and contain fiber and other nutrients.

Start practicing a few of these simple swap ideas. Before you know it, they’ll be a part of your regular eating pattern. This Valentine’s Day make room for a little indulgence by swapping a high calorie or high fat breakfast with a healthy one.

Fruit parfait

Serves: 4

24 oz. Greek Non-fat vanilla yogurt

4 cups assorted, in season fruit, cut and sliced.

2 cups granola and nuts

4 serving glasses (about 10 oz.)

Directions

Line up the glasses. Start by adding in a layer of fruit.

Add a layer of yogurt over the fruit. Sprinkle on a layer of granola.

Repeat with one more layer of fruit, yogurt, and granola.

Note: If you are going to make this a day ahead, only add the granola on top right before serving or it will become soggy if done overnight. <https://createbetterhealth.org> <https://kidscreateutah.org>
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