

COMFORT & HEAL

How To Substitute Healthier Foods To Meet Our Comfort Food Cravings



SWEET

- Use in-season fruit to make your own fruit purees and juices. Add spices like cinnamon or ginger to sweeten.
- Replace sugary sodas with sparkling water with fruit flavors, or cut homemade drinks like jamaica with a blend of no sugar carbonated beverages.
- Keep a stash of high quality dark chocolate, 70% or higher, in the pantry. Find those with floral and fruity notes to satisfy your sweet tooth.

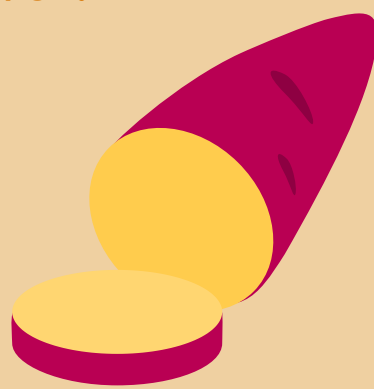
CRUNCHY

- Add low calorie nuts, such as almonds, to your diet.
- Try rice crackers in place of potato chips.
- Cut carrots, cucumbers and jicama all satisfy the crunch craving and go well with healthy homemade dips, such as hummus, where you can control the added salt.



SALTY

- Replace table salt with small amounts of naturally salty ingredients such as olives, sardines, hard cheeses.
- Use coarse grain salts, such as Kosher, to use less in your cooking, or large flake sea salt to garnish meats and side dishes.
- Roast or pickle foods, such as vegetables, to concentrate and boost flavor.



CREAMY

- Soft foods such as bananas and cooked sweet potatoes can be mashed into breakfast oatmeal for an extra boost of potassium and fiber.
- Plain Greek yogurt makes a great stand in for mayonnaise.
- Silken soft tofu works great in sweet and savory dishes.
- Warmed cheeses such as feta or goat with herbs are delicious on toast or crackers.