Simple Swaps for a Healthier You!
Easy Solutions for Heart Health, Diabetes, and Weight Management

Created by the Department of Food and Nutrition Services at Rochester General Hospital

Add More Non-Starchy Vegetables! They’re low in calories and great sources of vitamins, minerals, and water. Plus, they’re packed with fiber to keep you feeling full!

**Instead of this...**
- Mashed potatoes
- Pasta
- Tortillas/bread

**Try This!**
- Mashed cauliflower
- Spaghetti squash or sliced/“spiralized” zucchini
- Lettuce leaves as a wrap

Switch Your Fats! Foods with saturated fats increase your bad, or LDL, cholesterol. Foods with unsaturated fats can lower your bad cholesterol and increase your good, or HDL, cholesterol.

**Instead of this...**
- Mayonnaise
- Sour cream
- Butter
- Dip for chips or vegetables

**Try This!**
- Mashed avocado
- Plain nonfat greek yogurt
- Canola or olive oil
- Hummus, guacamole, or fresh salsa

Squash Your Sweet Tooth! It’s important to limit added sugar most days to maintain a healthy weight and heart. Although, indulging in moderation now and then is okay!

**Instead of this...**
- Regular and diet soda
- Ice cream
- Candy

**Try this!**
- Plain or sparkling water with fresh fruit or lemon juice
- Frozen fruit or banana “ice cream” (see recipes)
- 1 square 70%-90% cacao dark chocolate

Other Simple Swaps:

**Instead of this...**
- Croutons
- Store-bought salad dressing
- Potato chips
- Fruit juices/premade smoothies
- Cold breakfast cereal

**Try This!**
- Roasted unsalted nuts or seeds
- Make your own! (see recipes)
- Air-popped popcorn
- Whole fruit
- Oatmeal with berries, nuts, and/or seeds
Healthy Recipes: Putting Your Simple Swaps to Work

Simple Vinaigrette
Ingredients:
- 6 tablespoons olive or canola oil
- 2 tablespoons vinegar of your choice. Suggestions include balsamic vinegar, apple cider vinegar, and white wine vinegar.
- 1/8 teaspoon salt* and 1/8 teaspoon pepper
*Do not use salt if you have been advised to follow a strict sodium restriction
Yields 4 servings

Ranch Dressing
Ingredients:
- 2 tablespoons plain greek yogurt
- ¼ cup lite mayonnaise or avocado puree
- 2 teaspoons red wine vinegar
- ½ teaspoon worcestershire sauce
- Pinch of garlic powder, onion powder, salt, and pepper
If it is too thick, you may thin the mixture with water to desired consistency.
Yields 2 servings

Fiesta Chicken Salad with Avocado
Ingredients:
- 1 avocado
- 2 cups cooked chicken, shredded/chopped
- ½ red bell pepper, finely diced
- ¼ cup chopped fresh cilantro or 2 tablespoons dried cilantro
- 2 scallions, thinly sliced or 2 tablespoons finely diced red onion
- juice of 1 lime
- ¼ teaspoon cumin
- pinch cayenne pepper
Directions:
1) Mash avocado in a bowl using a fork.
2) Mix all ingredients in a large bowl together well.
Yields 4 servings

Mashed Garlic Cauliflower
Ingredients:
- 1 large head of cauliflower, chopped into florets
- 2 large cloves of roasted garlic or 1 clove raw garlic
- 2 tablespoons olive oil
- Low fat or nonfat milk
- Salt* and pepper

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Directions:
1) Place cauliflower into a large pot and fill with water until florets are covered.
2) Bring the water to a boil, then reduce heat to medium low. Let steam for 6 minutes.
3) Drain cauliflower, then in a large bowl puree with a beater or immersion blender.
4) Add milk in small amounts until desired consistency is achieved.
5) Add olive oil, salt*, and pepper to taste.

*Do not use salt if you have been advised to follow a strict sodium restriction

Yields 4 servings

Shrimp Scampi with Zucchini “Pasta”

Ingredients:
- 4 raw zucchini, tops and bottoms cut off
- 1 pound raw shrimp, peeled and deveined
- 3 tablespoons to ½ cup olive or coconut oil
- 1-1.5 tablespoons minced garlic

Directions:
1) Make zucchini pasta by using a vegetable spiral cutter such as “Veggetti.”
2) Add oil and garlic to a large pan; cook on medium heat for 30 seconds.
3) Add zucchini and shrimp, then increase heat to high.
4) Toss zucchini and shrimp often until shrimp has turned pink.
5) Add parmesan cheese and pepper to taste.

Alternative: You may use spaghetti squash instead of zucchini. To prepare this, slice the squash in half length-wise, remove seeds, and drizzle 1 teaspoon olive oil to each half. Bake at 375 degrees for 30-35 minutes. Remove from oven and allow 15-20 minutes to cool. Rake a fork along the flesh of the squash to yield spaghetti-like “noodles.”

Yields 4 servings

Banana “Ice Cream”

Base Ingredients:
- 2 ripe bananas, sliced and frozen.
- 1/4 cup low fat milk or milk alternative like soy, almond, rice, or coconut milk.
- 1 pinch salt

Additions
- Chocolate: add ¼ teaspoon vanilla extract and 3 tablespoons cocoa powder to base.
- Tropical: add ½ cup of frozen mango and ½ cup frozen pineapple to base.
- Mint Chip: add 1/8 teaspoon peppermint extract to base. Stir in dark chocolate chips after blending.

Directions
1) Blend ingredients well in blender or food processor.
2) If you’re having difficulty blending, add small amounts of additional liquid slowly as needed. If it becomes too thin, place in a separate container and freeze for 30 minutes.

Yields 2 servings (3 servings if making the tropical version)