

5 EASY FOOD SWAPS

Look for these grocery store items to choose a healthier option for your family.

1. Spaghetti Sauce



- Rao's Homemade Marinara
- Trader Joe's Tomato Basil
- Primal Kitchen Tomato Basil Marinara with Avocado Oil
- Yo Mama's Original Marinara
- Prego No Added Sugar

2. Crackers



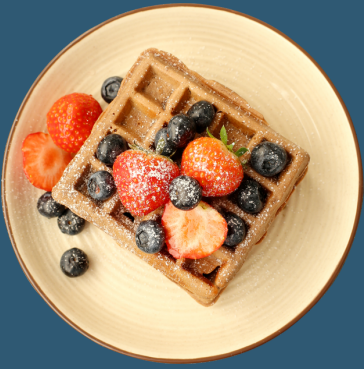
- Trader Joe's Cheddar Rockets
- Annie's Organic Cheddar Bunnies
- Whole Grain Goldfish

3. Frozen Burgers



- Applegate Turkey Burgers
- Trader Joe's Cowboy Quinoa Veggie Burgers
- Trader Joe's Turkey Burgers
- Force of Nature Bison Bacon Burger Patties
- Meyer Natural Angus Ground Beef Patties
- The Organic Meat Co. Beef Burgers

4. Frozen Pancakes and Waffles



- Solid Starts pancake recipe
- Signature Select Homestyle
- Simple Mills No Sugar Mix
- Annie's Organic Homestyle
- Good & Gather Homestyle
- Kodiak Cakes Power Waffles

5. Yogurt



- Whole milk, plain flavor
- Oikos Triple O Blended Greek
- Silk Plain Soymilk Yogurt
- Icelandic Provision Plain Thick & Creamy Skyr
- Maple Hill brand yogurts
- Stonyfield Organic Real Fruit & Vegetable Pouch

