



LATINO LIVING SMART SWAPS

Many Latinos in the United States have started to mimic some of the less positive eating habits of the average American, abandoning traditional foods for ones that are not as healthy. It is not difficult to return to the eating pattern of Latino ancestors. Simply swap some typical American foods for traditional Latino ones. This can help improve your family's health and teach them habits that will be passed on to the next generation.



Where to begin? The best thing to do is to start slowly. Small changes made at a gradual pace are easier to stick to and help you improve your family's health at a pace they can manage.

Breakfast Swaps

- Whole milk or half and half → 2% or 1% milk
- Fruit Punch → 100% fruit juice
- Buttered toast → Peanut butter on toast
- Fried egg → Hard boiled egg
- White toast → Whole wheat toast
- Breakfast pastries → Hot cereal with bananas, berries or mango
- Sweetened yogurt → Plain yogurt, fruit, honey

Lunch Swaps

- Salad dressing → Lime or lemon with olive oil
- Deli meat → Canned fish (sardines, tuna)
- Iceberg lettuce → Spinach or romaine lettuce
- Fried chicken → Grilled chicken
- Chips → Carrots, celery, or cucumber slices
- Pizza → Bean and cheese quesadilla
- Mayonnaise on sandwiches → Mashed avocado on sandwiches

Snack Swaps

- Sports drink → Water
- Milk shake → Fruit smoothie
- Potato chips → Pretzels or popcorn
- Snack mix → Peanuts, pecans or pistachios
- Soda → Seltzer water with juice or diet soda
- Snack cakes → Raisins or dried fruit

Dinner Swaps

- Butter → Canola, soybean or olive oil
- White rice → Barley, quinoa, or brown rice
- French fries → Baked potato or sweet potato
- Sour cream → Plain yogurt
- Meat 2x week → Fish 2x week