

# CLEAN EATING HEALTHY SWAPS

*Swap this*



*With this*

1. **White Sugar**

Honey, Maple Syrup, Raw Brown Sugar

2. **White Flour**

Wholegrain or Whole wheat Unbleached

3. **Self-Raising White Flour**

Organic Stone Ground Flour + baking powder

4. **White Rice**

Brown Rice, Basmati, Wild Rice, Quinoa, Whole-wheat cous cous, cauliflower rice

5. **Pasta**

Whole wheat pasta (all varieties) or zucchini or vegetable noodles

6. **Ice Cream**

Homemade frozen yogurt, fruit sorbet or blended frozen bananas

7. **Vegetable Oil**

Olive oil, coconut oil, sesame oil

8. **Milk Chocolate**

Dark Chocolate 60%+ cocoa, clean eating bliss balls or real food treats

9. **Breadcrumbs**

Panko breadcrumbs, whole wheat breadcrumbs, whole wheat cous cous

10. **Table Salt**

Himalayan Sea Salt

11. **Peanut Butter**

100% peanut butter

12. **Soda**

Regular unflavoured sparkling water with lemon or fruit infusion.

13. **Bagged Potato Chips**

Oven baked potatoes, sweet potatoes or vegetables, oven baked tortilla wraps, popcorn, sliced fruit

14. **Microwave popcorn**

Homemade air popped popcorn kernels

15. **Milk**

Almond milk, oat milk or coconut milk.

16. **Croutons**

Oven baked whole wheat croutons, oven baked chick peas.

17. **Bread**

Wholegrain bread, whole wheat tortillas or wraps, whole wheat crackers, sourdough bread, homemade seed bread

18. **Boxed Cereals**

Homemade granola, organic puffed wheat or puffed rice.

19. **Instant oats**

Homemade rolled oats

20. **Store Bought Biscuits**

Homemade peanut butter biscuits, ginger biscuits (see recipes on [www.cleaneatingwithkids.com](http://www.cleaneatingwithkids.com))

21. **Desserts**

Chia Seed Puddings

22. **Gravy thickener**

Plain flour, cornstarch or arrowroot powder

23. **Cheese slices**

Whole block of cheese and slice or grate it yourself

24. **Boxed Fish Fingers**

Fresh fish with egg and whole wheat cous cous crumb

25. **Chocolate Milkshake**

Banana smoothie

26. **Takeout pizza**

Make your own at home with [two ingredient pizza dough](#).

27. **Takeout burgers**

Make your own with whole wheat bun, real beef burger and salad

28. **Takeout Coffee**

Make your own in a thermos.

29. **Muesli Bars**

Make your own homemade muesli bars

30. **Two minute noodles**

Rice noodles (three ingredients)

31. **Salad Dressing**

Make your own or add a little balsamic vinegars

32. **Bottled Pasta Sauce**

Tinned tomatoes 100% organic, herbs and spices