

Food Swaps to Eat More Healthy Fats

You may need to reduce the amount of unhealthy fats you eat to lose weight, manage health conditions, or support your well-being. The following substitutions may help.

| INSTEAD OF ... | | TRY ... |
|--|-------|--|
| butter, shortening | ————→ | olive, peanut, avocado oil |
| whole milk | ————→ | fat-free or low fat milk |
| fatty cuts of beef, dark chicken meat | ————→ | salmon, turkey breast, tofu |
| sour cream | ————→ | low fat Greek yogurt |
| french fries | ————→ | roasted or baked potatoes |
| doughnuts, pastries, cookies | ————→ | fruit, a small handful of unsalted nuts |
| cream cheese spreads | ————→ | avocado, peanut butter, almond butter |
| ultra-processed snacks | ————→ | nuts, seeds, vegetables, hummus |