



SAVOR *the* SUMMER

10 Healthy Summer Food Swaps

Summer is the time to enjoy cookouts, picnics, and grilling on the patio. Many traditional summer foods contain high amounts of sodium, unhealthy fats, and added sugars. But, following a healthy diet doesn't mean you have to give up your favorite summer dishes. You can still enjoy them by making healthier choices.

Enjoy these 10 easy food swaps for healthier choices this summer!

- **Main Dishes:** Choose lean protein options like chicken, turkey, fish, beans, or tofu, and skip the red meats.
- **Sandwiches:** Choose fresh sliced cooked chicken, turkey, or vegetables instead of processed deli meats.
- **Marinades:** Make homemade marinades and dressings with olive oil, citrus juice, and herbs instead of premade bottled options.
- **Buns and Pastas:** Choose whole wheat and whole grain buns and pastas instead of white.
- **Pizza Night:** Make your own pizza with a whole wheat or cauliflower crust with veggies instead of frozen or delivery pizza.
- **Beans:** Make a fresh corn and black bean salad and skip the BBQ baked beans.
- **Sides:** Grill some fresh vegetables on a skewer or make your own fresh salad instead of buying prepackaged salads (potato/macaroni).
- **Snacks:** Snack on some raw vegetables with a Greek yogurt dip, instead of potato chips and dip.
- **Dessert Swaps:** Grill some fresh peaches or pineapple and top with whipped topping or Greek yogurt, instead of a slice of pie.
- **Drinks:** Add fresh fruit to water or sparkling water instead of sipping on sugary beverages.

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Traditional summer cookout foods can be high in sodium, unhealthy fats, and added sugars but here are Somatus' 10 healthy summer food swaps to guide you this summertime season!

TRY THIS	INSTEAD OF THIS	WHY?
 Chicken, turkey, or fish	 Red meat, Hot dogs, Brats	Leaner proteins are lower in sodium, saturated fats and cholesterol.
 Fresh sliced chicken or turkey	 Deli meats	Fresh cooked lean proteins are lower in sodium and less processed.
 Homemade dressings/marinades	 Pre-made sauces, dressings, and marinades	Homemade "oil-based" dressings, marinades, and sauces are lower in sodium, sugar, and other additives.
 Whole wheat buns and pastas	 White buns and pastas	Whole wheat buns and pastas are higher in fiber and less processed.
 Homemade Pizza	 Frozen or delivery pizza	Homemade veggie pizza is lower in sodium and saturated fats.
 Fresh bean salad	 BBQ baked beans	Fresh bean salad with an "oil-based" dressing is lower in sodium and sugar compared to canned beans in sauce.
 Fresh Sides	 Pre-packaged salads	Fresh salads or grilled veggies are lower in sodium and fats compared to pre-packaged options like potato or macaroni salads.
 Raw Veggies and Yogurt Dip	 Potato Chips and Dip	Veggies are naturally a healthier choice than chips. Yogurt dip is lower in sodium and fats compared to sour cream and cream cheese-based dips.
 Fresh Fruit	 Fruit pies	Fresh fruit is naturally a healthier choice lower in saturated fats, added sugars, and high in fiber.
 Flavored waters	 Sweetened beverages	Water flavored with fresh fruit is naturally lower in added sugars and better for hydration.



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