



Eat better. Feel better.

Your guide to nutrient-rich foods.

Ideally, your diet should include a balance of proteins, fibers, carbohydrates, vitamins, minerals, healthy fats and water. These nutrients help regulate mood, support clear thinking, boost energy, strengthen muscles, support immunity and promote overall vitality.

Each one plays a role

- **Protein** helps your brain produce the chemicals (neurotransmitters) it uses to regulate your thoughts, mood and emotions.
- **Omega-3 fats** found in fatty fish, like salmon, support brain structure and function. Other healthy fats from avocados, nuts and seeds are also beneficial.
- **Carbohydrates** are turned into glucose (a type of sugar) that travels through your blood to feed your brain and other vital organs.
- **Sodium** helps muscles contract and relax, supports nerve function and maintains fluid balance.
- **Fiber** supports digestion by promoting bowel regularity, while probiotic foods like yogurt, sauerkraut, tempeh and kimchi support gut health in a different way.
- **Water** keeps you hydrated so your brain, muscles and other organs can perform at their best.

These are just a few examples of how a nutrient-rich, varied diet supports your body function and overall health. The right amounts of each depend on your health, lifestyle and medical history.



Easy guide for healthier eating

For many people, 3 simple guidelines can make eating healthier easier.

Eat more:	Eat in moderation:	Eat less:
<ul style="list-style-type: none"> • Vegetables and fruits • Whole grains (bread, brown rice, quinoa) • Legumes (lentils, chickpeas, soybeans, and kidney, black or pinto beans) • Fish and seafood • Unsaturated fats from oily fish (salmon, mackerel, sardines), avocados, nuts, seeds and olive oil 	<ul style="list-style-type: none"> • Red meat (beef, pork lamb, goat and venison) 	<ul style="list-style-type: none"> • Refined sugars (from cane, beets, coconut, palm and corn) • Processed foods high in saturated fat, salt and sugar – such as pre-packaged soups, deli meats, sausages, snacks and breakfast cereals

You can use fresh, frozen, dried or canned ingredients – just choose options that are minimally processed and low in additives or preservatives.

Healthier recipe guide

Looking to add more nutrition to your already delicious meals? Try making small adjustments to your recipes, using the chart below as a starting point.

If your recipe calls for this:	Use this instead:
Breadcrumbs, dry	Rolled oats, flax or almond meal
Butter, margarine or shortening in baked goods	Applesauce, mashed bananas, or pureed prunes, pumpkin, cauliflower, zucchini avocado or nut butter
Butter, margarine, shortening or oil to prevent sticking	Non-stick cooking spray or unsaturated oils like olive or avocado
Canned meat, fish, vegetables and soups	Low-sodium or reduced-sodium versions of
Cream	Fat-free half-and-half or evaporated milk or ½ the called for amount of low-fat plain yogurt or unsalted cottage cheese, coconut milk
Cream cheese, full fat	Fat-free or low-fat cream cheese, Neufchatel cheese, pureed cottage cheese or tofu
Sour cream	Fat-free yogurt
Eggs	2 egg whites or ¼ cup egg substitute for each whole egg
Flour, all-purpose (plain) in baked goods	Whole-wheat flour for half, or almond, banana, chickpea, coconut, hemp, millet, oat, quinoa or rye flour
Ground beef or pork	Extra-lean or lean ground beef or pork, or ground poultry or fish, or crumbled (firm) tofu or tempeh
Mayonnaise	Reduced-calorie, reduced-fat mayonnaise or Greek yogurt, or avocados or hummus
Meat in soups, stews, casseroles and one-dish baked meals	Vegetables, legumes, tofu, tempeh
Milk, evaporated	Evaporated skim milk
Milk, whole	Reduced-fat or fat-free milk
Pasta or noodles, white	Whole-wheat or legume/bean-based pasta or noodles
Rice, white	Brown rice, bulgur wheat, barley, quinoa, millet, sorghum, teff, black or red rice or riced cauliflower

Even small changes can make a difference over time. If you need recipe ideas, consider looking online for dietitian-approved options or asking your health care provider for help.

Use the knowledge you learned and the substitution chart to make a healthier rendition of your favorite meal. Swap or share recipes with a friend or coworker to jumpstart your journey to a healthier lifestyle.

Recipe

Ingredients

Directions

Sources

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