



25

Processed
Foods Swaps



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White Bread



Whole Grain or Sprouted Grain Bread

Whole grains are richer in dietary fibre, essential minerals, and vitamins.



Sugary Cereals



Oats or Granola

Oats and granola are whole grains that provide sustained energy and are great sources of fibre and protein.



Regular Pasta



Whole Wheat Pasta or Zucchini Noodles (Zoodles)

Whole wheat provides more fibre and nutrients, while zoodles offer a low-carb vegetable alternative.



Soda/Soft Drinks



Sparkling Water with a Splash of Lemon or Lime

Eliminate added sugars and artificial flavours, and stay hydrated with a refreshing taste.



Store-bought Cookies



Homemade Oatmeal or Nut-based Cookies

Control the ingredients, reduce sugar, and add nutrient-rich components.



Potato Chips



Baked Veggie Chips or Nuts

Veggie chips eliminate trans fat, while nuts provide healthy fats, protein, and fibre.



Canned Soups



Homemade Broth-based Soups

Reduce sodium and artificial preservatives, and increase the nutrient content.



White Rice



Quinoa or Cauliflower Rice

Quinoa is protein-rich and contains all nine essential amino acids. Cauliflower rice offers a low-carb alternative.



Ice Cream



Frozen Banana or Greek Yogurt-based Desserts

Lower in sugar and higher in nutrients and protein.



Processed Deli Meats



Grilled Chicken/Turkey or
Tofu Slices

Avoid nitrates and excess sodium



Sugar-laden Condiments
(e.g., ketchup)



Homemade Versions or
Salsa

Reduce added sugars and artificial ingredients.



Store-bought Salad
Dressings



Olive Oil and balsamic
Vinegar or Lemon Juice

Natural flavours without additives or hidden sugars.



Instant Noodles



Whole Wheat or Buckwheat (Soba) Noodles with Homemade Broth

Whole grains offer more fibre and nutrients, while homemade broth allows control over sodium and ingredients.



Processed Cheese Slices



Natural Cheese or Nut-based Cheese

Natural cheeses are free from additives and artificial preservatives. Nut-based cheeses provide dairy-free alternatives with healthy fats.



Microwave Popcorn



Air-popped Popcorn with Sea Salt, Olive Oil or Coconut Oil Drizzle

Avoid artificial flavours, colours, and trans fats. Air-popped popcorn is a whole grain and can be seasoned healthily.



Store-bought Granola Bars



Homemade Nut & Seed Bars or Energy Balls

Control the ingredients, reduce added sugars, and incorporate nutrient-dense seeds and nuts.



Canned Fruit in Syrup



Fresh or Frozen Fruit without Added Sugars

Fresh and frozen fruits maintain their natural nutrients and are free from added sugars and syrups.



Flavoured Yogurts



Plain Greek Yogurt with Fresh Fruit or a Drizzle of Honey

Greek yogurt is higher in protein and has no added sugars. Adding your own toppings allows for controlled sweetness and natural flavours.



Instant Oatmeal Packets



Steel-cut Oats/Overnight Oats with Fresh Berries, Nuts & Seeds

Steel-cut oats are less processed and have a lower glycemic index. Fresh toppings provide natural sweetness and added nutrients.



Breakfast Pastries



Homemade Whole Grain Muffins or Banana Bread

Homemade versions can be made with whole ingredients, reduced sugars, and added nutrient-rich nuts or seeds.



Store-bought Creamy Dips (e.g., ranch)



Hummus or Guacamole

Hummus and guacamole are made from whole ingredients and are rich in healthy fats, fibre, and protein.



Packaged Fruit Juices



Freshly Squeezed Juice or
Infused Water with Slices of
Fruits and Herbs

Avoid added sugars, preservatives, and artificial colours. Fresh options retain more vitamins and minerals.



Sweetened Flavored Coffee
Creamer



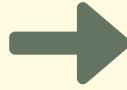
Unsweetened Nut Milk (e.g.,
almond or cashew) with a
Teaspoon of Pure Maple
Syrup or Honey and a Drop
of Natural Vanilla or
Almond Extract

This alternative reduces artificial flavours, preservatives, and excessive sugars.





Packaged Instant Mashed Potatoes

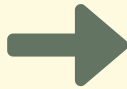


Homemade Mashed Cauliflower or Sweet Potatoes with Olive Oil or Ghee

Fresh vegetables offer more nutrients, and by making them at home, you can control the salt, texture and flavour without the additives and preservatives.



Ready-to-Eat Pudding Cups



Chia Seed Pudding Made with Almond Milk and Topped with Fresh Berries

Chia seeds are rich in fibre, omega-3s, and protein. This swap avoids artificial flavours and colours while introducing a nutrient-dense option.

