

Ideas for your
healthy family

cookchildrens.org

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Healthy food swaps

Keep your family meals and snacks fun and healthy! Food swaps are an easy way to add more nutrient dense and whole foods into your diet.



Eat this

Zucchini noodles

Oatmeal

Popcorn

Corn tortillas

Dark chocolate

Coffee or tea

Coconut water

Not that



Pasta

Cereal

Chips

Flour tortillas

Candy

Soda

Juice

