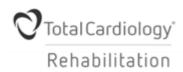
Easy Swaps for Processed Foods



MEALS + SIDE DISHES	Deli and processed meats (e.g. bacon, sausage)	\Rightarrow	Bake a whole chicken, turkey breast or pork tenderloin and freeze individual portions for use in sandwiches, salads or stir-fries. Deli rotisserie chicken can also be used though they are higher in sodium.
	Frozen seasoned or battered meat or fish	\Rightarrow	Buy fresh meat/seafood and add homemade marinade to individual freezer bags/containers – the meat will marinate and season as it thaws.
	Frozen pizza	\Rightarrow	Use whole grain pita bread to make homemade pizza where you can load up on vegetables and reduce processed meats and/or cheese.
	Seasoned/packaged rice or pasta (e.g. flavoured rice, Kraft Dinner, Sidekicks®, Instant Noodles)	\Rightarrow	Batch cook pasta sauce and seasoned brown rice (or other whole grains like barley or quinoa) to freeze.
BREAKFAST	Sugar sweetened cereal	\bigcirc	Mix half-and-half with a no sugar, high fibre cereal.
	Instant sweetened oatmeal	\Rightarrow	Cook a large batch of rolled oats at the start of the week, keep in a container in the fridge and microwave for a quick breakfast. Sweeten with dried or pureed fruit.
SNACKS + DRINKS	Store-bought muffins, cookies or pastries	\Rightarrow	Batch cook homemade muffins and cookies and freeze.
	Chips	\Rightarrow	Air-pop popcorn and store in individual containers for a quick whole grain snack.
	Sugar-sweetened beverages (e.g. pop, iced tea, Slurpees®, energy/ sports drinks)	\Rightarrow	Choose sparkling flavoured water or fruit-infused water, make your own fruit slushy or cold-brewed tea at home.