

Easy Swaps for Processed Foods

MEALS + SIDE DISHES	Deli and processed meats (e.g. bacon, sausage)	→	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	→	Buy fresh meat/seafood and add homemade marinade to individual freezer bags/containers – the meat will marinate and season as it thaws.
	Frozen pizza	→	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)	→	Batch cook pasta sauce and seasoned brown rice (or other whole grains like barley or quinoa) to freeze.
	BREAKFAST	Sugar sweetened cereal	→
Instant sweetened oatmeal		→	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	→	Batch cook homemade muffins and cookies and freeze.
	Chips	→	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)	→	Choose sparkling flavoured water or fruit-infused water, make your own fruit slushy or cold-brewed tea at home.