



# BEST FOOD

# Wraps

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NUTRITION

[KARENWARDNUTRITION.COM](http://KARENWARDNUTRITION.COM)



## NUTRITIOUS CARB

Sugar, flour & processed foods can wreak havoc on our health, energy, and ability to reach our goals. and ability to reach our goals.

Try these swaps to ditch the white stuff and add more nutritious carbs to your diet.

### INSTEAD OF THIS...



- PASTA



- RICE



- HEARTS OF PALM RICE
- CAULIFLOWER RICE



- BREAD



- PORTOBELLO MUSHROOM CAPS



- TORTILLAS



- LETTUCE WRAPS
- NORI WRAPS
- ANY HEARTY LEAF LIKE CABBAGE OR COLLARDS AS A WRAP

## INSTEAD OF THIS...

## TRY THIS!



- POTATOES



- SWEET POTATOES
- BEET
- SQUASH

- CEREAL



- STEEL CUT OATS
- CHIA PUDDING
- PROTEIN POWER BOWLS



- ICE CREAM



- BERRIES DIPPED IN 80% DARK CHOCOLATE

- REFINED SUGAR



- STEVIA
- MONK FRUIT SWEETENER



- FRENCH FRIES



- VEGGIE FRIES IN THE AIR FRYER LIKE
- GREEN BEANS
  - TURNIPS
  - CARROTS

- CRACKERS OR CHIPS



- VEGGIES LIKE PEPPERS OR CUCUMBERS



# LOW SUGAR SMOOTHIE

When making a green smoothie, it can quickly turn into a sugar bomb. Try these easy swaps to reduce the sugar in your smoothies **WITHOUT** reducing the taste or nutrition.

## INSTEAD OF THIS...

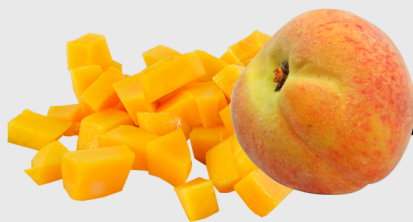
## DRINK THIS!



INSTEAD OF BANANAS, TRY AVOCADO! NOT ONLY DOES THIS KEEP THE SAME CREAMY, DREAMY TEXTURE BUT ADDS A TON OF FIBER WHILE CUTTING THE SUGAR BY UP TO 90%



INSTEAD OF MILK OR ORANGE JUICE, TRY UNSWEETENED PLANT-BASED MILK LIKE CASHEW, ALMOND OR COCONUT



INSTEAD OF MANGOS, PEACHES AND HIGH SUGAR FRUITS, TRY LOW SUGAR BERRIES! BERRIES LIKE RASPBERRIES, BLACKBERRIES & STRAWBERRIES ARE LOW IN SUGAR, HIGH IN FIBER AND LOADED WITH FLAVOR

# LOW CALORIE/ SUGAR BEVERAGE

**Drinks and liquids are some of the biggest sources of empty calories and sugar in our diet.**

Depending on what you normally drink, if you follow these simple swaps you can cut your sugar intake by up to 50%!

**INSTEAD OF THIS...**



**DRINK THIS!**



SPARKLING UNSWEETENED AND NATURALLY FLAVORED WATER (BRANDS LIKE LACROIX, BUBBLE, PERRIER)



SODA WATER OR FLAT WATER INFUSED WITH CUCUMBER, LEMON, LIME, HERBS, OR BERRIES



UNSWEETENED ALMOND OR CASHEW MILK



BLACK COFFEE, COFFEE WITH A SMALL SPLASH OF UNSWEETENED COCONUT OR CASHEW MILK



HOT OR ICED WATER WITH A SQUEEZE OF CITRUS FRUIT, OR FRESH BREWED UNSWEETENED TEA

Please note this document is for informational purposes only. Persons who are of good health, suspect of their health or are aware of any conditions, physical deficiencies or diseases should always consult a physician before undertaking any eating or exercise program.

# BEVERAGE

# Swaps

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## INSTEAD OF THIS...



## DRINK THIS!



GREEN TEA



HERBAL TEAS



UNSWEETENED  
ICED TEA  
UNSWEETENED  
HERBAL ICED TEA



BLACK TEA



COCONUT WATER

MINT INFUSED  
HOT WATER



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**DAIRY**

*Swaps*

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# DAIRY FREE

Whether you are avoiding dairy due to intolerances or making a personal choice, here are some easy and amazing swaps for some of your favorite foods while ditching dairy.

INSTEAD OF THIS...

MILK



UNSWEETENED ALMOND  
CASHEW, OAT, RICE, COCONUT  
OR ANY NUT OR SEED MILK

HEAVY CREAM



COCONUT MILK,  
COCONUT CREAM



YOGURT



PLAIN UNSWEETENED  
COCONUT, CASHEW, OR  
ALMOND YOGURT

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## INSTEAD OF THIS...

## TRY THIS!

CHEESE



NON-DAIRY CHEESE (USE EXTREME MODERATION) OR NUTRITIONAL YEAST

MILK KEFIR



COCONUT KEFIR, KOMBUCHA, RAW SAUERKRAUT

WHEY PROTEIN POWDER



VEGAN PROTEIN POWDER, CHIA, OR HEMP SEEDS IN YOUR SMOOTHIE

DAIRY ICE CREAM



MAKE YOUR OWN DAIRY FREE ICE CREAM BY BLENDING TOGETHER CASHEW BUTTER AND FROZEN BANANAS

SOUR CREAM AND CREAM CHEESE



DAIRY-FREE CREAM CHEESE AND SOUR CREAM (LOOK FOR KITE HILL OR FORAGER BRANDS)



### NOTE – Calcium-rich Non-Dairy Foods

Including these calcium superstars in your diet will ensure you are getting ample calcium!

- ALMONDS
- KALE
- COLLARD GREENS
- SESAME SEEDS
- ORANGES
- STEEL CUT OATS

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