

## Pantry SWAP Ideas

### 1. White Rice -> Brown Rice or Cauliflower Rice

- Why: Brown rice is a whole grain that retains its fiber and nutrients, while cauliflower rice is a low-carb, nutrient-dense option.
  - Swap: Use brown rice for a fiber boost or cauliflower rice for fewer calories and added vegetables.
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### 2. Refined Sugar -> Honey, Maple Syrup, or Stevia

- Why: Natural sweeteners like honey or maple syrup offer more nutrients, while stevia is a zero-calorie natural option.
  - Swap: Replace refined sugar in recipes with equal parts honey/maple syrup or a smaller amount of stevia.
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### 3. White Flour -> Whole Wheat Flour or Almond Flour

- Why: Whole wheat flour retains more fiber and nutrients, while almond flour is gluten-free and low-carb.
  - Swap: Use whole wheat flour in baking or almond flour for a protein-rich alternative.
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### 4. Vegetable Oil -> Olive Oil or Avocado Oil

- Why: Olive oil and avocado oil are rich in healthy mono-unsaturated fats and antioxidants.
  - Swap: Use olive oil for dressings and low-heat cooking, and avocado oil for high-heat cooking.
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### 5. Store-Bought Pasta -> Whole Wheat Pasta or Chickpea Pasta

- Why: Whole wheat pasta has more fiber, while chickpea pasta is high in protein and gluten-free.
- Swap: Replace regular pasta with whole wheat or chickpea pasta for added nutrients and better satiety.

