Sometimes, even when your mind wants to eat healthy, your body’s cravings don’t cooperate. These food swaps can help you stick with your healthy eating plan.

**CRAVING A SAVORY TREAT?**
Instead of potato chips, try unsalted nuts.

**CRAVING SUGAR?**
Instead of brownies, try a baked apple.

**CRAVING A CRUNCH?**
Instead of chips and dip, try veggies with a yogurt and herb dipping sauce.

**CRAVING MEAT?**
Instead of red meat, try poultry or fish.

**CRAVING CARBS?**
Instead of mashed potatoes, try mashed cauliflower.

**CRAVING A FIZZY DRINK?**
Instead of soda, try sparkling water.

**CRAVING A FROZEN TREAT?**
Instead of ice cream, try a homemade smoothie.

**CRAVING A BAKED SWEET?**
Instead of oil or butter, try using applesauce.