

# 4 HEALTHY SWAPS

Eating plant-based foods is an easy way to boost your health in all stages of life.

Take better care of yourself by trying one of these plant-based swaps today!

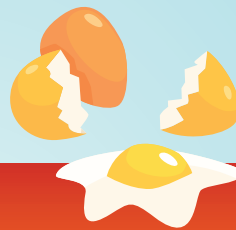
Meat



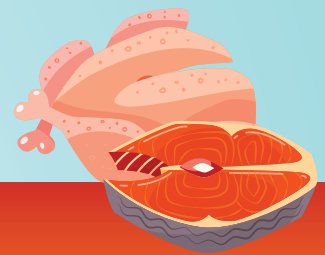
Milk, Cheese, and Yogurt



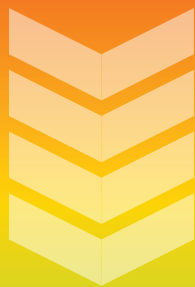
Eggs



Fish and Poultry



Often High in Fat, Cholesterol, and Calories. Void of Fiber.



Low in Fat, Cholesterol, and Calories. Rich in Fiber.



Beans and Lentils

Beans and Lentils make low-cost, protein-packed veggie burgers.



Nondairy Options for Milk, Cheese, and Yogurt

Nondairy options are just as delicious and easy to use.



Tofu

Tofu even has egg-like properties in baking and cooking.



Whole Grains

Whole Grains are a great opportunity to add variety to your plate.