




COLUMBIACARE EMPLOYEE WHOLE HEALTH & WELLNESS CHALLENGE

30-DAY SWAP CHALLENGE

Here are some examples of possible swaps. It can be a different swap each day, or week, or one for the whole month. That is totally up to you and what fits your body, life, and goals!



- Swap soda with lemon water
- Swap a restaurant meal with one that is homemade
- Choose spinach or kale over iceberg lettuce
- Substitute salty seasonings with fresh herbs and spices
- Swap out a large plate for a small one (and then don't go for seconds!)
- Swap out bread with a lettuce wrap for your sandwich
- Substitute ranch with hummus
- Choose brown rice or quinoa over white rice
- Swap out a processed snack for a one-ingredient clean snack
- Swap out meat for a vegetarian option
- Choose baked sweet potatoes over french fries
- Go grilled instead of fried
- Swap out fake sweeteners for raw sugar or Stevia
- Choose raw veggies over chips or crackers
- Swap out white flour for whole wheat
- Substitute avocado for mayo
- Swap out sour cream for greek yogurt
- Swap out canola oil for olive oil
- Swap out pasta for zucchini noodles ("zoodles")