

# Mo Nutrition

Tip Tuesday!

Let's talk a little this, for that. What we can swap this for that when beginning our healthier eating habits.

White flour/processed flours—> whole grains

Russet/red potatoes—> sweet potatoes, Yams, and mashed cauliflower.

Canola oil —> avocado oil and coconut oil

Table sugar —> raw honey

Rice (if your trying to avoid grains.) —> riced cauliflower

Always check your labels, try and avoid all unbleached flours, and partially hydrogenated flours.

Happy eating! ❤️ .