

Addictive Foods Substitution List

"3 2 1: Countdown to Something . . . Special"



Naughty

Coffee

Hard Candy

Chips

Soda

Donut

Popcorn

Nice

• Herbal Tea or Teeccino Herbal Coffee
Purchase at Health Food Stores or Woodman's

• Spry Mints with Xylitol
Call HealthQuest at 800-794-1855 to purchase

• Sweet Potato Chips
Purchase or Make Your Own (search online)

• Hint of Juice in Ice Water
*Ex: 4 oz. of Pure Juice (no sugar)
in Large Glass of Ice Water*

• Granola Bar - Low Sugar

• Edamame
Purchase at Trader Joe's Refrigerator Section

• Nuts

Make Your Life An Adventure in Health, Not In Sickness And Disease