

6 Healthy Food Swaps Your Taste Buds Won't Notice

Makeover your fave indulgences with a few tweaks designed to impacted your waistline not your palate.

Healthy eats don't have to feel like a sacrifice. They can taste fabulous, strengthen your body and keep you from being annoying when ordering at a restaurant. We asked Dr. Gabrielle Francis, a New York-based rock & roll doctor to give us the foods she recommends to her rock star clients fitting into their leather pants.

Check out her top 6 swaps:



Coconut ice cream for regular ice cream.

You'll love the smooth texture and sweetness. Your bod will love that it's high in medium chain fatty acids and has lauric acids, says Dr. Gabrielle Francis. That means it's antimicrobial and helps support immune function. Cue the brain freeze.



Swap milk and cereal for yogurt and muesli.

If you like the fast and easy nature of cereal, you won't miss this swap, which adds more protein, enzymes and probiotics that help support immune function. Plus, Dr. Francis says, muesli is packed with oats and nuts that help calm the nervous system and load you up with B vitamins.



Swap french fries for baked sweet potato fries.

We don't to ruin your love affair with french fries, but if they're your main vegetable, they're holding you back. Sweet potatoes, however, are loaded with beta-carotene, which supports immune function and fights free radicals, says Dr. Francis.



Swap wheat pasta noodles for black bean pasta.

We know, just when you found a wheat pasta that almost tastes like the original, we're asking you to switch again. Trust us, it's worth it. "Black bean pasta typically boasts around 20 g of protein per serving and provides fiber, B-vitamins, minerals and antioxidants," says Dr. Francis. "They're also rich in phytonutrients, which are great for anti-aging."



Swap pancakes for buckwheat pancakes.

Buckwheat is gluten free and high in fiber, minerals and vitamins, according to Dr. Francis. And it's been shown in studies to reduce cholesterol and balance blood sugar. Follow with a Soul Cycle class and a nap.



Swap hamburgers for organic beef burger on a sprouted grain wrap.

Eating meat have to have so much mystery around. Opt for organic options that aren't raised with hormones and antibiotics. Dr. Francis loves sprouted wraps because they're high in protein and minerals, plus sprouted grains are lower in calories and gluten than the typical bun.