

Client Handout

Antidepressant Food Swaps

Food	Substitutions
Chips	Popcorn made at home with olive oil (hold the butter)
Crackers	100% whole wheat crackers or crisp breads
Snacks	Celery, carrots, apples, or pepper strips with a dip or nut butter; strawberries with goat cheese; fruit; nuts; or edamame
Ranch dip	Salsa, hummus, chili, tzatziki (or other yogurt dip), baba ghanoush (roasted eggplant), pesto, balsamic vinegar with extra virgin olive oil, olive tapenade, or almond butter
Creamy salad dressings	Salad dressings made with extra virgin olive oil, balsamic vinegar, lemon juice, honey, or mustard
Mayonnaise	Mashed avocados, olive oil, or mustard
Butter	Extra virgin olive oil
Extra salt	Extra herbs, peppers, or spices
Salt cravings	Olives, feta cheese, crackers or pretzels made with 100% whole wheat, hummus, pesto, olive-oil popped popcorn, salted nuts, kimchi, dried nori (seaweed) strips. Sprinkle salt in extra virgin olive oil and dip whole wheat bread in it.
Jelly	Chopped berries with a little bit of honey
Yogurt with sugary fruit	Greek or Icelandic (Skyr) yogurt. Start with plain yogurt and add berries, nuts, and - only if needed - honey or maple syrup.
Sauces with cheese, cream, or butter	Tomato sauce or pesto
Potatoes	Sweet potatoes
White rice	Brown rice, wild rice, whole wheat couscous, or quinoa
Pasta	100% whole wheat pasta
Biscuits	100% whole wheat English muffins
Sandwiches on white bread	Sandwiches on 100% whole wheat bread
Deli meats	Chicken or turkey breast (these are less processed than the packaged slices); hummus
Hamburgers	Bean, veggie, turkey, or salmon burgers on 100% whole wheat buns
Ice cream	Pudding made with skim or 1% milk; canned pears sprinkled with cinnamon and cocoa nibs; frozen grapes
Cookies and candy	Nuts and dried berries, dates, and dark chocolate (>70% cocoa)
Coffee creamer	Coffee creamer has no real cream and is full of trans fats and sugars. Instead, substitute real cream or milk, or even better - almond or soy milk.
Milkshake	Fruit smoothie (try banana, honey, and yogurt)
Soft drinks	Iced tea (unsweetened or sweetened with a little honey), plain sparkling water
Fruit and sports drinks	Use coconut water or make your own water by soaking cucumber, mint, citrus, or berries in a pitcher.
Energy drinks	Green or matcha tea
Beer or cocktails	Red wine (5 ounces a day, about ½ metric cup)

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Slightly Healthier Junk Food

If you find it hard to let go of junk food, or just want to make those three servings a week as healthy as can be, try some of the healthier junk foods from the following list. What could go wrong? Well, they still have too much sugar and salt, and they aren't free of processing, but they are worlds better than the old-school junk food. They are the lesser of evils.

Food	Examples
Desserts	Look for recipes that are loaded with fruit, vegetables (e.g., sweet potatoes, pumpkin, or carrots), nuts, nut butter, seeds, whole wheat, oats, olive oil, yogurt, or dark chocolate.
Fruit and nut bars	Kind Bars, Raw Revolution, Rx Bars, Abound, Larabar, Balance, Pure Organic Brand
100% whole wheat crackers	Mary's Gone Crackers Ak-Mak Sesame Cracker 100 Whole Wheat Crisp breads (e.g., Wasa or Finn Crisp Original Rye) Carr's Whole Wheat Crackers 365 Everyday Value (Whole Foods) Woven Wheat Baked Crackers Kashi Heart to Heart Whole Grain Crackers Nabisco Triscuit 100% Whole Wheat Crackers Ritz Toasted Chips 100% Whole Grain
100% whole wheat chips and pretzels	SunChips 100% Whole Wheat Chips Way Better Snacks Tortilla Chips Snyder's Whole Grain Tortilla Chips Snyder's Whole Wheat Pretzel Sticks Beigel Beigel 100% Wheat Pretzels Unique Sprouted 100% Whole Grain Pretzel Splits
Chips made from beans and veggies	Flamous Falafel Chips Beanitos Chips Kashi Hummus Crisps The Mediterranean Snack Food Baked Lentil Chips Dry Roasted Edamame