**Make Healthier Substitutions**

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The reason why so many diets fail is because they can make you feel deprived. Life is all about balance, so finding a middle ground is better for long term diet success. Many things people enjoy often have healthier substitutions that offer better nutrition without sacrificing the taste.

The good news is you don't have to give up alcohol entirely. However, some drinks are healthier than others and any alcohol should be consumed in moderate amounts. If you choose wine instead of beer, you get the same calming benefits of alcohol with added antioxidants and nutrients.

Instead of eating white or milk chocolate, try choosing chocolates with higher cocoa contents to increase antioxidant intake. Dark chocolate also tends to have less sugar and saturated fat, which makes it more diet friendly.

Potato chips are addicting because of how salty, rich, and crunchy they are. While healthy people can still enjoy potato chips in small portions, if you have a hard time controlling yourself, try eating baked varieties with reduced sodium instead. Your heart and waist will thank you!

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