

## Dr. Sylvia Bollie's Small Changes Method: Using Food Substitutes

It can be challenging to make a radical change to your eating habits. I recommend using the substitution method to eventually optimize your diet. You could use **Michi's Ladder** as a guide to help you make the right choices. The list below corresponds to the tiers on Michi's Ladder.

A few examples have been listed below to get you started.

\* Diet Soda is not useful long term for weight loss because diet soda has been associated with obesity. There for this is only a temporary bridge <1 week.

Unhealthy (Bad)-Tier 4 & 5	Healthier (Better)- Tier 3	Healthiest (Best)-Tier 1 & 2
Chips (Fried potato chips; Tortilla chips)	Veggie Straws Baked Chips	Crispy Veggies (Celery, Carrot Sticks, Cucumber, Sweet Peppers) Hummus dip
Cookies	100 cal pack cookies Dark chocolate Kind™ bar (mini)	Low sugar fruit (berries)
-Soda (ALL types- cola, ginger ale, fruit) -Juice -Sports Drinks	-Diet soda* -Natural soda (without High Fructose corn syrup) -Seltzer water/ Sparkling water with juice (start 50/50 and gradually decrease the juice)	-Water -Seltzer water -Sparkling water
-White bread -Enriched flour wheat	Whole grain wheat	Sprouted wheat (Ezekiel Bread) -Ole Mission Low Carb Wraps
Ice cream, whole milk	Fruit sherbet Halo Top IceCream	Frozen fruit
Milk Chocolate White Chocolate	Dark Chocolate Square	Dark Chocolate Mini Square Fruit
Sugar, White sugar, Brown Sugar Honey Artificial Sweetner	Monk Fruit Stevia	Sugar alcohol (Xylitol)
Add your own here	i	