

Stay connected and receive updates with Lighten Up Charleston by subscribing to our bi-weekly newsletter!

Contact Paul Wieters at weetersp@charleston-sc.gov

For more tips on how to keep you and your family healthy and active visit:

www.lightenupcharleston.com
and follow us on:
Facebook/Twitter/Pinterest



Healthy SUBstitutes!



Have you made your New Year's resolutions yet? Now is the best time to start your resolutions so that you can ease into the new habits and find ways to overcome barriers before fully committing come January! Lighten Up Charleston has a few resolution goals for 2016 that we would like to share and keep with your help. Will you help us help you in 2016?



City Of Charleston Community Wellness
75 Calhoun St. Third Floor- Human Resources
Charleston, SC 29401

843-958-6456

Around Town [Click here for more](#)

In 2015, Lighten Up Charleston attended on average 5 community events per month. Whether it is a health fair, a community event or a wellness conference we are dedicated to expanding community outreach. That is why we are making a goal to increase our presence at events by 8 per month! You can help by inviting us to be a part of your next wellness event. Contact us at [843-958-6456](tel:843-958-6456)



Register for the [Cooper River Bridge Run](#) today! Take a BIG STEP towards a healthier you this New Year. Race day [Saturday April 2nd, 2016](#)



A guide to healthy substitutions in your favorite recipes.

Try This for That!

UP

Lighten *Charleston*

Proteins

This

Lean chicken, Turkey, nuts, beans and legumes

Egg Whites

Low sodium canned beans

Bean sprouts, lentils, peas, lima beans

That

Ground Beef, ham, pork chops, bacon

Whole Eggs with Yolk

Regular canned beans

Chicken, turkey, lean meats



Carbs

This

Whole wheat flour, oats; flaxseed, tapioca, sunflower, pumpkin seed, quinoa and almond flour

Pure maple syrup, honey, molasses, stevia, brown rice syrup, date sugar, applesauce

Dark Chocolate or semi sweet chocolate chips

Fresh Fruit, frozen fruit, canned fruit in water or 100% juices

That

White flour

Sugar

Milk or white chocolate

Canned fruit in corn syrup

Fats

This

Margarine, vegetable oil, olive oil

Olive oil and vinegar

Plain Greek Yogurt (low fat or fat free)

1% , skim, almond or soy milk

Vanilla Frozen Yogurt

Salsa

That

butter

Salad dressings

Sour Cream

Whole or 2% milk

Flavored Ice Cream or specialty ice creams

Guacamole

