

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. You 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 this swap which add