

Snack Swaps

HTH

Swap This (Conventional)	For That (Clean Brand Alternative)	Why It's Better
Doritos / Flamin' Hot Cheetos	Siete Grain-Free Tortilla Chips	No artificial dyes, seed oils, or MSG— just real ingredients and bold flavor.
Hidden Valley Ranch / Kraft Dressings	Primal Kitchen Ranch or Vinaigrettes	Made with avocado oil, no sugar, no preservatives or inflammatory oils.
Cheez-Its / Ritz Crackers	Simple Mills Almond Flour Crackers	Grain-free, low glycemic, made from wholesome nuts and seeds.
Kellogg's Frosted Flakes / Cheerios	Lovebird Cereal	Grain-free, sweetened only with honey or coconut sugar, no additives.
Quaker Granola Bars / Nature Valley	Purely Elizabeth Granola or Superfood Bars	No refined sugar, packed with ancient grains and real superfoods.
Smartfood Popcorn / Cheese Puffs	Lesser Evil Paleo Puffs or Organic Popcorn	Cooked in coconut oil, organic, and free from fake flavors or oils.