

Pantry Raid: 11 Healthy Food Swaps

Beans & Tuna

Stock up on: Dried beans

Toss: Canned beans

Canned beans are convenient, but they can cost twice as much per pound as the dried kind and have 50 times the sodium. Soak dried beans in water overnight, drain them in the a.m., and freeze what you don't use. They'll last up to six months, and no defrosting is required, says Leanne Ely, author of the *Saving Dinner* cookbook series. A 1-pound bag of beans yields 5 to 6 cups cooked.

Stock up on: Chunk light tuna packets

Toss: Canned albacore tuna

The chunk light variety has all the nutrients and protein that fancier white-meat tuna does but about one-third the amount of mercury. Don't like the darker meat? Opt for brands of albacore that use troll- or pole-and-line-caught fish, like Wild Planet, suggests Elizabeth Brown, RD, a nutritionist in Houston. These fish are much younger and smaller, which means they've had less time to accumulate the harmful heavy metal.