



Swap This for That

Meal swaps and additions



Potato chips or other deep fried snacks



Iced cakes, cookies, slices, donuts, cheesecake, biscuits, lollies, chocolates



Savoury snack foods, biscuits, crisps



Soft drinks or sugar sweetened beverages

Energy drinks

Alcoholic drinks

Baked potato, potato salad or other vegetable sides



Fruit salad, fruit and yogurt cups, yogurt pouches



Dry roasted or natural nut mixes, wholegrain crackers and cheese, vegetable sticks and hummus



Water, sparkling water, unsweetened iced teas, flavoured water, diet soft drinks, milk based drinks with no added sugar

