



Swap This for That

Meal swaps and additions



Crumbed chicken
 Battered fish and fried seafood
 Processed meat (salami, sausage and bacon)

Pies
 Sausage Rolls
 Hot dogs
 Burgers

Fried dim sims

Cream based pasta and curries
 Pizza

White bread, wraps or rice

Baked, steamed, grilled or pan-fried chicken, fish, seafood

Tofu

Eggs

Roasted vegetables

Fresh sandwiches or wraps with lean meats and vegetables

Steamed dim sims or dumplings

Rice paper rolls

Sushi

Tomato or vegetable based pizza and pasta

Vegetable based curries and soups

Wholegrain or wholemeal bread, or wraps and brown rice

