



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

