







SIMPLE SWAPS

Making simple changes to our food choices and the way we cook our meals can make a big difference to our long term health.

Check out these simple swaps:

INSTEAD OF 	CHOOSE 
Blue top milk 	Reduced fat milk 
Pour oil 	Reduce the amount used or choose spray oil 
Soft drinks 	Water 
Coconut cream 	Reduce the amount used and choose lite coconut milk 
Tuna in oil 	Tuna in water 
Butter 	Reduce the amount used or choose better options 
Biscuits 	Fruit and vegetables 
Fatty meats 	Lean meats 
Potato chips 	Air popped popcorn 