

The simplest way

...to create healthy food swaps.

Make snacks healthy with an added fruit and veg boost! Try these simple swaps:



SWAP THIS:	FOR THIS:
Fruit juice – has very little fibre.	Smoothie – using a whole piece of fruit and keeping all the fibre.
Flavoured yoghurt – can be high in sugar.	Reduced-fat natural yoghurt with fruit – reduces sugar and fat, boosts fruit.
Packaged potato chips – high in fat and salt.	Homemade potato chips – thinly slice potato (or sweet potato), grill on lightly-greased tray until golden.
Muesli bar – can be high in fat and sugar.	Poppletana – unsalted popcorn + dried apple + sultana = nibble mix.

For more information visit www.eatittobeatit.com.au
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The *Eat It To Beat It* program is supported by the Western Sydney Local Health District Live Life Well @ School Program.