

17 Easy Healthy Swaps



Simple food upgrades for everyday meals and snacks

1 Soft drinks, soda & sports drinks



Water or green tea

2 Fruit juice



Whole fruit

3 Regular ice cream



Banana nice cream

4 Regular potato chips or crisps



Natural popcorn or veggie chips

5 Milk or white chocolate



70%+ dark chocolate

6 Regular snack bars, cakes, etc



Home-made protein balls, bars, etc

7 Flavoured yoghurt



Add your own fruit to plain yoghurt

8 Margarine & processed spreads



Butter & avocado

9 Canola oil & vegetable oils



Olive oil or coconut oil

10 Processed packaged cereals



Home-made muesli or granola

11 Packaged sauces & dressings



Home-made dips, sauces & dressings

12 Refined white pasta



Zoodles (veggie noodles)

13 Rice or potatoes



Cauliflower (rice, mash, etc)

14 Refined white flour



Almond, oat, coconut & spelt flours

15 White bread



Sourdough, rye & spelt breads

16 White sugar



Honey or pure maple syrup

17 Cow's milk



Nut milks & coconut milk