

# 17 EASY HEALTHY SWAPS

## SWAP THIS

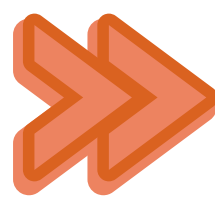
## FOR THIS

Soft drinks, soda & sports drinks



Water or green tea

Fruit juice



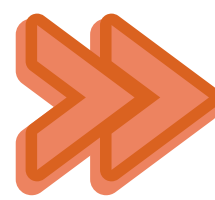
Whole fruit

Regular ice cream



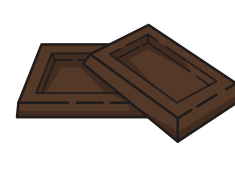
Banana nice cream

Regular potato chips or crisps



Natural popcorn or veggie chips

Milk or white chocolate



70%+ dark chocolate

Regular snack bars, cakes, etc



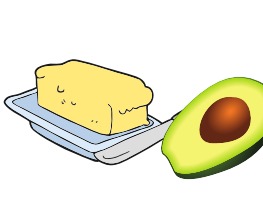
Home made protein balls, bars, etc

Flavoured yoghurt



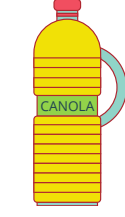
Add your own fruit to plain yoghurt

Margarine & processed spreads



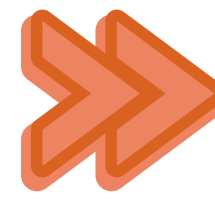
Butter & avocado

Canola oil & vegetable oils



Olive oil or coconut oil

Processed packaged cereals



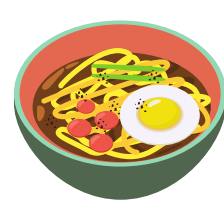
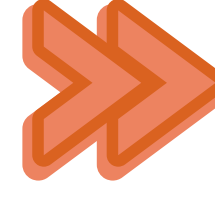
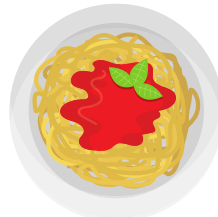
Home made muesli or granola

Packaged sauces & dressings



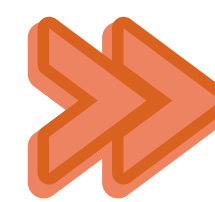
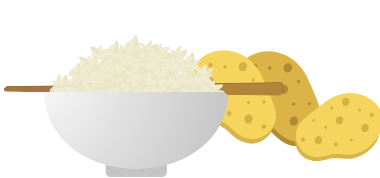
Home made dips, sauces & dressings

Refined white pasta



Zoodles (veggie noodles)

Rice or potatoes



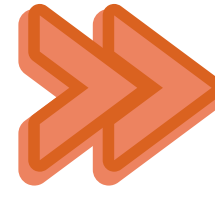
Cauliflower (rice, mash, etc)

Refined white flour



Almond, oat, coconut & spelt flours

White bread



Sourdough, rye & spelt breads

White sugar



Honey or pure maple syrup

Cow's milk



Nut milks & coconut milk