

Swap this

for that

Fizzy drinks			Chilled water with a slice of lemon
Fruit juice			Chilled water and a piece of fruit
Full-fat milk			Reduced-fat milk
White bread			Higher fibre, whole grain bread
Muesli bars			Fresh fruit or a small handful of unsalted nuts
Chippies with creamy dip			Raw vegetable sticks with hummus, or homemade popcorn
Dried fruit			Fresh fruit
High-fat cheese			Reduced-fat cheese such as edam
Butter			Margarine
Coconut cream			'Lite' coconut cream or milk, or half water and half coconut cream
Coconut oil			Small amount of canola, olive, sunflower or rice bran oils
Lard or Dripping			Small amount of canola, olive, sunflower or rice bran oils