

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



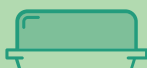
'Lite' coconut cream or milk, or half water and half coconut cream

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