

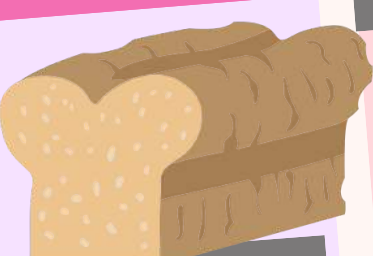
20

SIMPLE & HEALTHY

FOOD

SWAPS

WHITE BREAD



WHOLEGRAIN BREAD

SOFT DRINKS



WATER

CHIPS



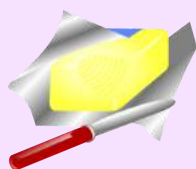
AIR POPPED POPCORN

SALTED NUTS



UNSALTED NUTS

BUTTER



AVOCADO

FRUIT JUICE



PIECE OF FRESH FRUIT

CREAMY SALAD DRESSING



OLIVE OIL AND LEMON JUICE
OR BALSAMIC VINEGAR

WHITE RICE



BROWN RICE OR QUINOA

SUGARY CEREALS



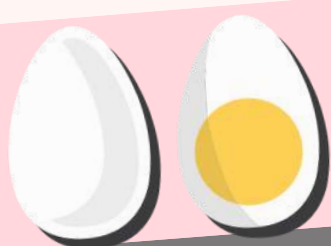
OATMEAL OR PORRIDGE

FATTY CUTS
OF MEAT



LEAN MEATS

FRIED EGGS



POACHED OR HARD
BOILED EGGS

FRENCH FRIES



OVEN BAKED SWEET
POTATO FRIES

CREAMY DIPS



FRESH SALSA

SOUR CREAM



NATURAL OR GREEK
YOGURT

PASTA



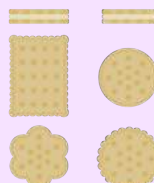
ZOODLES
(ZUCCHINI NOODLES)

ICE CREAM



PUREED FROZEN
BANANA

CRACKERS



VEGETABLE STICKS

COOKIES



BLISS BALLS

FRUIT FLAVOURED
YOGURT



NATURAL YOGURT WITH
FRESH FRUIT ON TOP

LOLLIES



FROZEN GRAPES

