



GOING GREEN - HEALTHY SWAPS



Healthy food and beverage swaps

RED	AMBER	GREEN
Soft drinks	<ul style="list-style-type: none"> 99% fruit or vegetable juice 300mls or less Full fat plain or flavoured milk, 375mls or less (e.g. Breakas) 	<ul style="list-style-type: none"> Tap water first or bottled water Low or reduced fat plain or flavoured milk, 300mls or less
Packaged potato chips	<ul style="list-style-type: none"> Parkers baked pretzel snacks Sunbites popcorn packs 	Plain air-popped popcorn
Soft lollies	<ul style="list-style-type: none"> 100% True Fruit bars Sunbeam dried sultana packs 	Fresh fruit - apples, bananas, oranges
Chocolate bars	<ul style="list-style-type: none"> Kellogg's K-time twists Nestle Milo Oatie bars 	Lucky nuts snack packs
Iced cakes, slices	Un-iced fruit muffins (small serve size)	<ul style="list-style-type: none"> Raisin bread Un-iced fruit bun
Chocolate coated ice creams	<ul style="list-style-type: none"> Streets/Peters Paddle pops Frozen yoghurts Mini Calippo Streets Splice 	Yoplait Go-gurts.

Healthy ingredient swaps

RED	AMBER	GREEN
-	Natural yoghurt, Sour cream	Reduced fat natural yoghurt
-	Coconut cream	Coconut flavoured evaporated milk
Bacon	Ham	Roast beef
Puff pastry	Reduced puff pastry	Filo pastry
-	Full fat milk	Reduced fat milk
Butter	Reduced fat and salt margarine	-
Chocolate chips	Chopped dates	Fresh fruit
-	Cream cheese	Reduced fat ricotta, cottage or cream cheese

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