

# Simple swaps for a healthier you.

Soft drinks, flavoured milks and juices -----swap for -----Water  
(Mineral, Soda or Coconut are okay) or kombucha

Products labelled low fat-----swap for -----Regular foods  
eg. yoghurts and milk

Products labelled low or no sugar-----swap for -----Whole foods

Prepackaged cereal-----swap for-----Rice puffs or oats

Sugar (white, raw, brown etc) -----swap for -----Natural sweeteners  
eg. Monkfruit, Stevia, Honey

Cocoa powder-----swap for-----Cacao

Anything white-----swap for-----Less processed versions  
eg. white rice for brown/black rice