

# Healthy food swaps

Small decisions around food choices can make a big difference to your health in the long term. Here is a list of food swaps to help you make better choices for your health:

## SWAP OUT

Soft drink or cola



## SWAP IN

Fizzy water with a mint leaf and cucumber, or a glass of water with ice cubes made from fruit

This reduces your sugar and kilojoule intake, and the risk of tooth decay and diabetes.

## SWAP OUT

Fruit juice



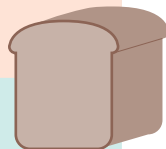
## SWAP IN

One piece of fruit

If you only have fruit juice, you'll miss out on dietary fibre.

## SWAP OUT

White bread



## SWAP IN

Wholegrain or multigrain bread

Wholegrains are higher in fibre than the refined grains in most white bread, so they keep you fuller for longer.

## SWAP OUT

Potato crisps



## SWAP IN

Raw vegetable sticks and hummus, avocado or natural yoghurt dip

Replacing crisps with fresh raw vegetable sticks boosts your vegetable intake.

## SWAP OUT

Coffee shop muffin



## SWAP IN

Hard-boiled egg, handful of unsalted or dry roasted nuts

Swap your mid-morning muffin, which is high in refined carbohydrates (including sugar) and kilojoules for protein-heavy snacks.



## SWAP OUT

Fruit-flavoured yoghurts



## SWAP IN

Plain or Greek yoghurt with fresh fruit

Plain unsweetened yoghurt has substantially less sugar than flavoured yoghurt.

Learn more: [healthdirect.gov.au/healthy-food-swaps](https://healthdirect.gov.au/healthy-food-swaps)