



HEALTHIER FOOD SWAPS

This document has been prepared by the Community Partnerships Unit, South Eastern Sydney Local District (SESLHD) to support individuals in making healthier food swaps. Please note that we do not endorse any particular brand or company. If you have any comments or questions, please contact us at: SESLHD-YourVoice@health.nsw.gov.au

Start Swapping!
















Many packaged products can be high in fat, sugar and salt (sodium) or they might be missing important nutrients that can keep you healthy. This document lists simple suggested swaps you can make to keep your body healthy and happy.

Instead of these foods...	...try these healthier options!
<p>Sugar coated or refined grain cereals</p> 	<p>Wholegrain cereals e.g. oats, Weet-Bix, all bran</p>  <div data-bbox="1591 787 1881 1010" style="border: 1px solid red; padding: 5px;"> <p>Look for the words 'High fibre', 'Wholegrain' or 'Low salt' labels on cereals</p> </div> <p>Healthier cereals TIPS</p> <ul style="list-style-type: none"> • Examples of healthy wholegrain cereals include oats, porridge, muesli, bran and whole wheat biscuits • Instead of adding sugar, add some frozen berries to sweeten it up • Yoghurt is a perfect topper for cereal and is packed with important nutrients for health

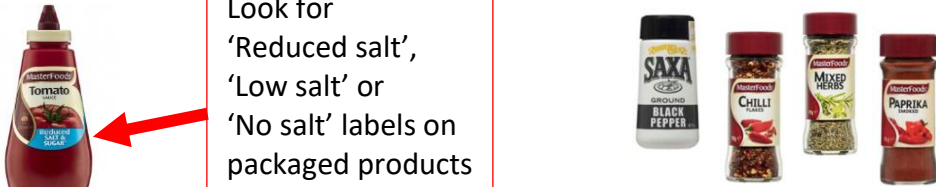
HEALTHIER FOOD SWAPS

Instead of these foods...	...try these healthier options!
White bread 	Whole meal or multigrain bread  
Processed meats e.g. Salami, Devon, Bacon 	Lean meat: chicken breast, turkey breast, roast beef, tinned tuna   
Sausages, Frankfurts, Beef patties 	Lean mince and beef  
Juice 	Water and Fruit or Milk   




HEALTHIER FOOD SWAPS

Instead of these foods...	...try these healthier options!
Chips 	Popcorn or Multigrain crackers  
Ice-cream 	Yoghurt and frozen berries  
Biscuits 	Apple and peanut butter  
Soft drink  	Water or Soda water + lime or frozen fruit pieces    

HEALTHIER FOOD SWAPS

Instead of these foods...	...try these healthier options!
<p>Frozen meals</p> 	<p>Healthier options or Rice + Veg's + Tin tuna</p>  <p>Healthier frozen meal TIPS</p> <ul style="list-style-type: none"> • Balance it out: choose meals that have lean meat, vegetables and wholegrains like rice or pasta • Avoid fatty frozen meals like creamy pasta's, sausages, pies or chicken parmigiana • Add extra's. Frozen vegetables or wholegrains (rice, pasta) can bulk up the meal and help you feel fuller for longer
<p>Sauces</p> 	<p>Reduced salt options or Herbs and spices</p> <div data-bbox="940 901 1226 1118" style="border: 1px solid red; padding: 5px; display: inline-block;"> <p>Look for 'Reduced salt', 'Low salt' or 'No salt' labels on packaged products</p> </div> 

HEALTHIER FOOD SWAPS

Instead of these foods...	...try these healthier options!
<p>Instant noodles</p> 	<p>Rice noodles or Can lentil/veg's soup</p> <div>  <div> <p>Rice noodle recipe</p> <p>1 cup frozen veg's</p> <p>1 tsp reduced salt soy sauce</p> <p>¼ tsp reduced salt stock powder</p> </div>  </div> <p>Healthier instant noodle TIPS</p> <ul style="list-style-type: none"> • Ditch the flavour sachets! They are packed with salt and other nasties • Add a small amount of reduced salt soy sauce or tamari sauce • Use herbs and spices for flavour e.g. onion powder, garlic powder, cumin, coriander, cardamom, chilli, parsley • Bulk up your meal! Add frozen vegetables, chicken or tin tuna or use pasta sauces or condensed soups as sauce <p>Healthier pre-prepared soup TIPS</p> <ul style="list-style-type: none"> • Choose chunky vegetable and legume-based soups • Ditch dried cup-a-soups, they are usually very high in salt • Use condensed and 'cream of' soups for pasta and vegetables • Add healthy extras. Frozen vegetables, canned beans, cooked pasta or rice are good options and will help you feel fuller for longer

HEALTHIER FOOD SWAPS

Instead of these foods...	...try these healthier options!
Prepared pasta sauces 	Passata or Can tomatoes + herbs   
Stock 	Reduced salt versions:  <div> Look for 'Reduced salt', 'Low salt' or 'No salt' labels on packaged products </div>
Lollies 	Frozen berries   