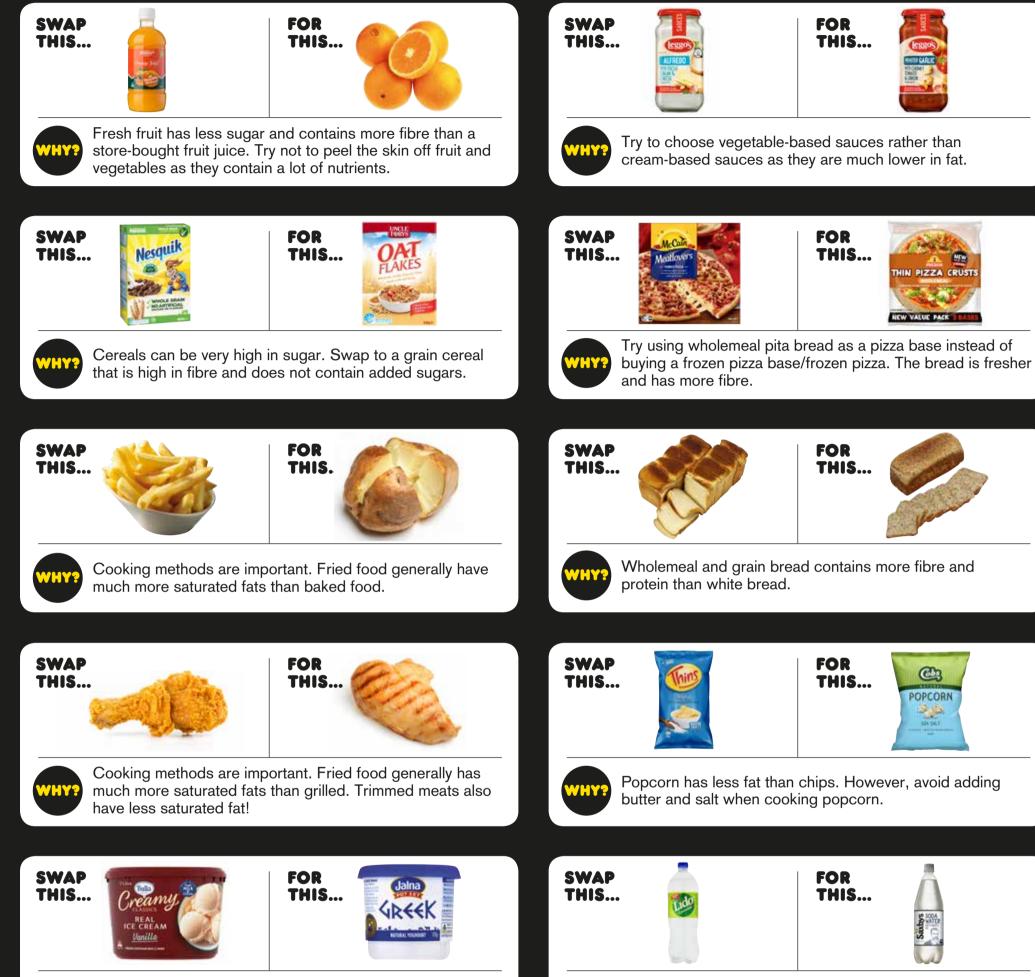
## SIMPLE SWAPS





Ice cream is high in sugar and fat. Try switching to yoghurt

Soft drinks and energy drinks are very high in sugar. Try

and add fruit to it – you can also heat up berries in a pan as a healthier option for sauce on your yoghurt.



drinking soda water with mint and fresh lime or sliced fruit.





Instead of purchasing salad dressing at the store, try making your own at home. Balsamic vinegar and olive oil is a great dressing.





Always try to consume fresh fruits rather than dried, as some dried fruits are high in sugar and salt.

## NICE. EASY. SIMPLE. TIPS

