Swap this



for that

Fizzy drinks



Fruit juice



Full-fat milk



White bread



Muesli bars



Chippies with creamy dip



Dried fruit



High-fat cheese



Butter



Coconut cream



Coconut oil



Lard or Dripping





Chilled water with a slice of lemon





Chilled water and a piece of fruit



Reduced-fat milk



Higher fibre, whole grain bread





Fresh fruit or a small handful of unsalted nuts



Raw vegetable sticks with hummus, or homemade popcorn



Fresh fruit



Reduced-fat cheese such as edam



Margarine



'Lite' coconut cream or milk, or half water and half coconut cream



Small amount of canola, olive, sunflower or rice bran oils



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Te Whatu Ora **Health New Zealand**