



## Take 10 with these food swaps

- 1. Try strawberries for a luscious sweet treat.**  
Swap one small square of chocolate for 10 strawberries, both provide 120kJ.
- 2. Replace alcohol with kilojoule free drinks.**  
Swap a glass of sparkling wine for sparkling water with a squeeze of lemon and save 470kJ.
- 3. Choose salads carefully.**  
Swap a bowl of Caesar salad with a garden salad using no-oil dressing and save 3,000kJ.
- 4. Eat fruit instead of drinking fruit juice.**  
Swap a 500ml bottle of apple juice for three apples, both provide 900kJ and the apples are full dietary fibre to help fill you up.
- 5. Lighten up at breakfast time.**  
Swap fried eggs and bacon for raw muesli, low fat milk and fruit and save 1,700kJ.
- 6. Replace the fries with a spud.**  
Swap a potato made into fries for a boiled or microwaved potato and save 800kJ.
- 7. Eat out guilt free.**  
Swap a schnitzel and chips for a grilled steak and salad and save 2,000kJ.
- 8. Healthy snacks make a big difference.**  
Swap a blueberry muffin for two slices of lightly buttered raisin toast and save 800kJ.
- 9. Save with a healthy takeaway.**  
Swap a burger with the lot for a salad sandwich or wrap with lean meat and save 2,000kJ.
- 10. Get the right support.**  
An Accredited Practising Dietitian (APD) is your diet coach – providing you with individual, expert advice to help you achieve your goals. Visit the 'Find an APD' section of the Australia's Healthy Weight Week website at [www.healthyweightweek.com.au](http://www.healthyweightweek.com.au) to find an APD in your area.

*Eat better, feel better, move more* **NOW!**

