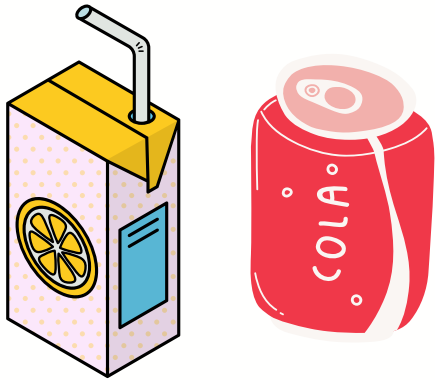


# HEALTHY FOOD SWAPS

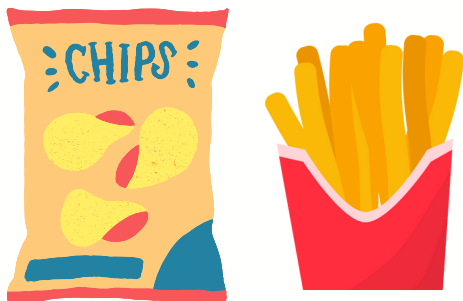
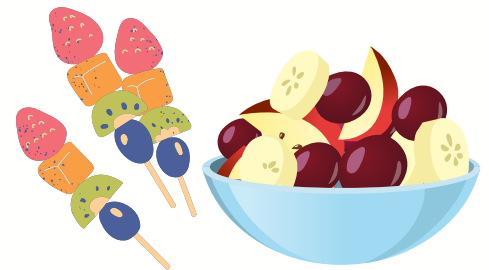
Reduce your little one's hidden added sugars with these new snacks!



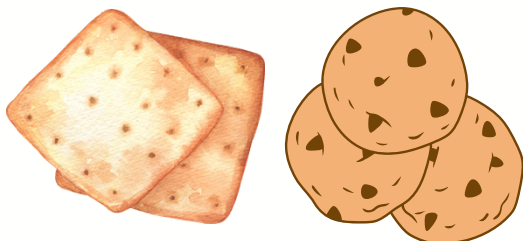
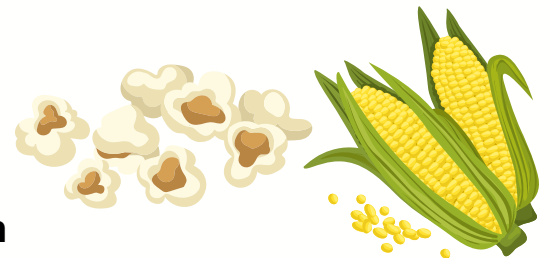
**Swap sugary drinks  
for water and fresh  
fruit pieces**



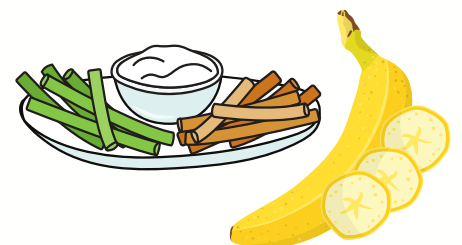
**Swap lollies and fruit  
flavoured snacks for  
fresh fruit**



**Swap chips for  
home-made popcorn**



**Swap crackers, biscuits  
and cookies for celery  
or carrot sticks and  
banana slices**



**Swap pastries for home-  
made spinach and  
cheese muffins and egg  
cups/slices**

