



# Healthy FOOD SWAPS

Simple Changes, **BIG IMPACT**



# Starchy Carbs

Satisfy cravings without the crash

Swap refined carbs for whole, slow-digesting options that give you steady energy, reduce cravings, and support fat loss without leaving you hungry.

## FROM THIS



White Bread



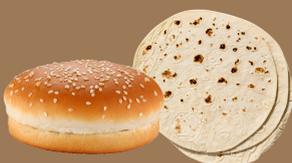
White Rice



Pasta



Potato Fries



Wraps & Buns

## TO THIS



Whole/Seeded Grain



Ezekiel Bread



Rye Bread



Brown Rice



Barley



Cauliflower Rice



Whole Grain Pasta



Lentil Pasta



Zucchini Noodles



Roasted Parsnip Fries



Sweet Potato Fries



Carrot Fries



Whole Wheat Wrap



Wholemeal Bun



Skinny (lettuce) Wrap/Bun

# Fats

## Smarter fats with less calories

Reduce calorie-dense fats that creep into your meals unnoticed, and replace them with healthy, satisfying fats you can control and actually benefit from.

### FROM THIS



Cheese & Cooking Cream



Cooking Butter & Oil



Full Fat Milk



Mayonnaise



Creamy Salad Dressings

### TO THIS



Cottage Cheese



Feta Cheese



Organic Coconut Cream



Organic Coconut Oil



Extra virgin Olive Oil



Avocado/Olive Oil Spray



Skimmed Milk



Almond Milk (light)



Coconut Milk (light)



Mayonnaise (light)



Mashed Avocado



Hummus



Extra virgin Olive Oil



Vinegar-based Dressing



Yoghurt-based Dressing

# Proteins (Overly Processed or Fatty Versions)

Keep it lean, simple, and clean

Choose leaner, less-processed protein sources to build muscle, support fat loss, and reduce the digestive stress and extra fat from processed meat.

## FROM THIS



Hot Dogs



Deep Fried Meat & Fish



Bacon



Deli Meat



Ultra Processed Plant-Based Meat

## TO THIS



Beef Sausages



Turkey Sausages



Chicken Sausages



Grilled



Baked



Boiled/Stewed



Turkey Bacon



Duck Bacon



Mushroom Bacon



Grilled or Baked Meat Slices



Tuna



Hard Boiled Eggs



Tofu



Tempeh



Edamame

# Desserts & Sweet Treats

Satisfy cravings without the crash

Enjoy the foods you love in smarter ways. Eat fewer empty calories, and gain more control so comfort eating doesn't wreck your progress.

## FROM THIS



Ice Cream



Milkshake



Cake



Pudding



Pastries

## TO THIS



Frozen Yoghurt



Homemade Sorbet



Low Kcal Ice Cream



Milkshake (no cream)



Low Fat Milkshake



Fruit or Veg Smoothie



Protein Mug Cake



Baked Oatmeal



Almond/Coconut Flour Cake



Chia Pudding + Fruit



Flavoured Protein Pudding



Chocolate Avocado Pudding



Protein Balls



Wholemeal Puff Pastry



Oat-based Snacks

# Snacks

## Better bites for energy and control

Ditch processed snacks that spike your blood sugar and make you hungrier, and replace them with foods that satisfy you.

### FROM THIS



Crisps/Chips



Chocolate



Biscuits & Cookies



Candy



Sweetened Yoghurt

### TO THIS



Unsalted Popcorn



Homemade Crisps/Chips



Dried/Popped Fruit or Veg



Dark Chocolate (70%+)



Fruit + Nut Butter



Banana, Dates or Raisins



Almond Flour-based Treats



Dark Chocolate Rice Crackers



Rye, Wheat or Grain Crackers



Stuffed Dates, Prunes or Figs



Dried Fruit



Fresh Fruit



Greek Yogurt + Fruit or Honey



Coconut or Almond Yogurt (unsweetened)



Fruit Salad Cup

# Sugary Cereals & Drinks

Cut sugar, not taste

Lower your sugar intake without feeling punished by swapping in naturally sweet or lower-sugar alternatives that still hit the spot.

## FROM THIS



Sugary Cereals



Store-bought Granola/Breakfast Bars



Fizzy Drinks



Fruit Juice (concentrate)



Sweet Coffee or Tea

## TO THIS



Whole Grain Cereal (oats)



Whole Wheat Cereal



Smoothie Bowl



Protein Balls



Whole (minimal ingredients) Bars



Homemade Protein Bars



Sparkling Water + Lemon/Lime



Detox Fruit Infused Water



Diluted 100% Fruit Juice



Fresh Fruit Juice



Vegetable Juice



Coconut Water



Black Coffee



Herbal Tea



Fruit Tea