



PRIMARY CARE  
**CONNECT**

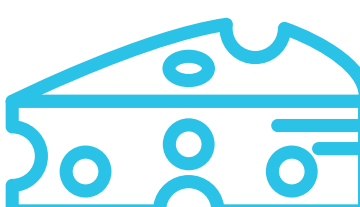
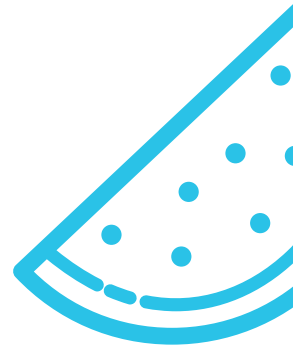
# HEALTHY FOOD SWAPS

## BREAKFAST

- Swap sugary cereals for wholegrain cereals like porridge oats.



- Swap white bread for wholegrain, multigrain or wholemeal bread.



# SNACKS

Swap muesli bars & fruit bars for dried fruit, nuts & seeds.



Swap chips & flavoured biscuits for plain popcorn.



# TIPS

- If you want to add some sweetness to your wholegrain cereal top with fresh fruit &/or a small amount of honey.
- If you have a sugar craving, have a piece of fruit instead - fruit is mother nature's lollies.
- Plain, unflavoured water is best. All other drinks should be considered

