

Healthy food

swaps 10 small swaps for lower sugar and fat

Swap crisps for popcorn



Swap donuts for jelly



Swap cereal for porridge



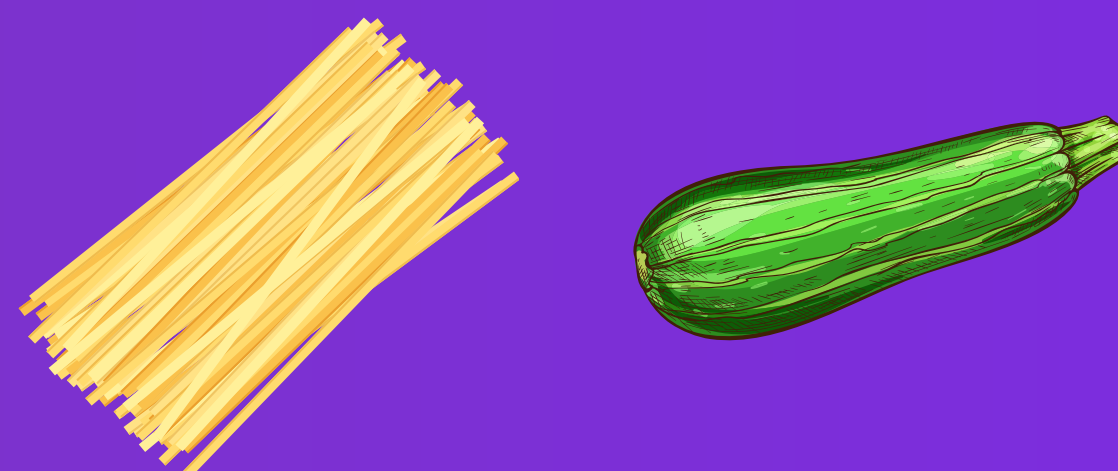
Swap oil for 1 cal spray



Swap fries for sweet potato



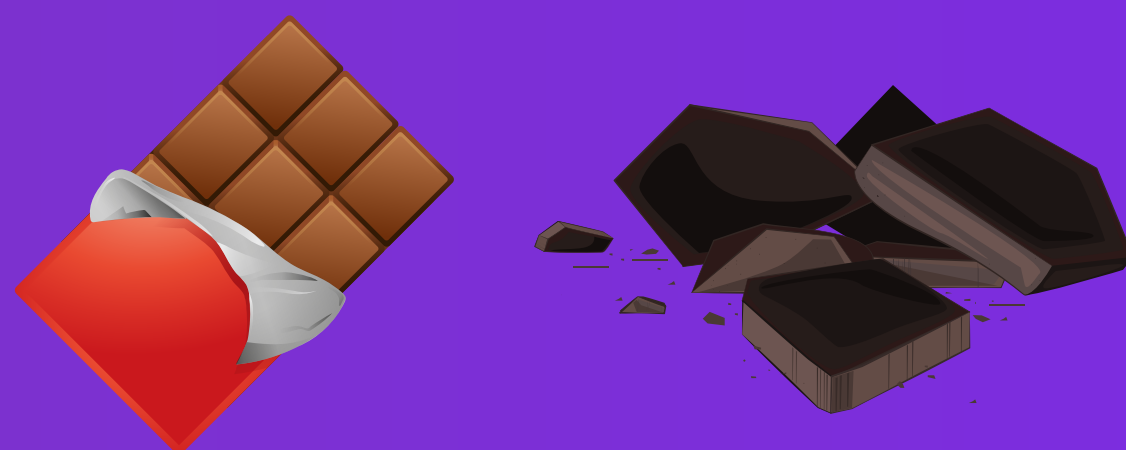
Swap pasta for courgetti



Swap coke for herbal tea



Swap chocolate for dark chocolate



Swap sweets for frozen grapes



Swap a cocktails for gin & tonic

