



“THIS YEAR

THESE 12 SMART FOOD SWAPS WILL HELP YOU MEET YOUR HEALTH AND

Is your New Year's resolution to fight the war against unwanted weight gain by slashing kilojoules? Or is your pledge to be kind to your heart by shunning foods loaded with 'bad' saturated fats? Maybe your bowel habits need a nudge and so you want to pack more fibre into your diet?

The good news is that your New Year's resolution can be made easy by committing to a couple of smart food swaps each week and building on these until you have reached your goal. We've come up with 12 smart food swaps to get you inspired and help you achieve your resolutions, once and for all.

You want TO SLASH KILOJOULES



THIS YEAR I WILL SWAP...

Caesar salad (cafe-style with dressing)
Per 165g serve:
1792kJ, 9.1g sat fat



Simply Salads
Asian Salad
Per 165g serve:
713kJ, 2.5g sat fat

This tasty salad with asian greens, crispy noodles and a fragrant thai coconut and lime dressing is an easy supermarket grab and a real winner in the kilojoule stakes.



THIS YEAR I WILL SWAP...

Milk chocolate
Per 25g serve
(5 small squares):
563kJ, 4.6g sat fat



Jarrah Chocolate
Frothy Classic
Chocolate Drink
Per 200ml (of prepared drink):
190kJ, 0.9g sat fat

This 99 per cent fat-free chocolate drink will satisfy your chocolate cravings while keeping those kilojoules on a short leash.



I WILL SWAP

WEIGHT TARGETS THIS YEAR, STEP BY STEP. BY DIETITIAN VANESSA SCHULDT



**THIS YEAR
I WILL SWAP...**

White wine
(medium sweet)
Per 150ml glass:
417kJ



Lindeman's Early
Harvest Semillon
Sauvignon Blanc
Per 150ml glass:
303kJ

It's 25 per cent lighter in alcohol and kilojoules, so you can feel good about the 100+ kilojoules you shave off that glass of vino. But remember, moderation is still the key.



**THIS YEAR
I WILL SWAP...**

Nestlé Monaco
Bar ice-cream
Per 62g serve:
710kJ, 3.1g sat fat



Nestlé Skinny Cow
Creamy Vanilla Ice
Cream Cookie
Per 60g serve:
540kJ, 0.8g sat fat

Opting for this 97 per cent fat-free sweet treat over a Monaco Bar will slice 170kJ off your occasional indulgence.



**THIS YEAR
I WILL SWAP...**

Pringles potato chips,
BBQ flavour
Per 20g serve: 429kJ,
2.5g sat fat, 0.6g fibre



Fine Fettle Flats
Sweet Corn & Paprika
Per 16g serve: 267kJ,
0.3g sat fat, fibre
unknown ▶

They're made from real vegetables squished into snacks. Being dried, not fried, what you get is concentrated natural flavours and a favourable kilojoule content.

You want TO BOOST FIBRE INTAKE



THIS YEAR I WILL SWAP...

Plain white rice
Per 100g (½ cup uncooked):
1469kJ, 0.1g sat fat, 0.7g fibre



Rice Plus
(a powerful blend of rice and nutritional wholegrains)
Per 100g (½ cup uncooked):
1470kJ, 1g sat fat, 11.9g fibre

This wonderful blend of brown rice, white basmati, BARLEYmax, pearl barley, white quinoa, red basmati, black rice and black sesame seeds contains four times more fibre than regular brown rice.



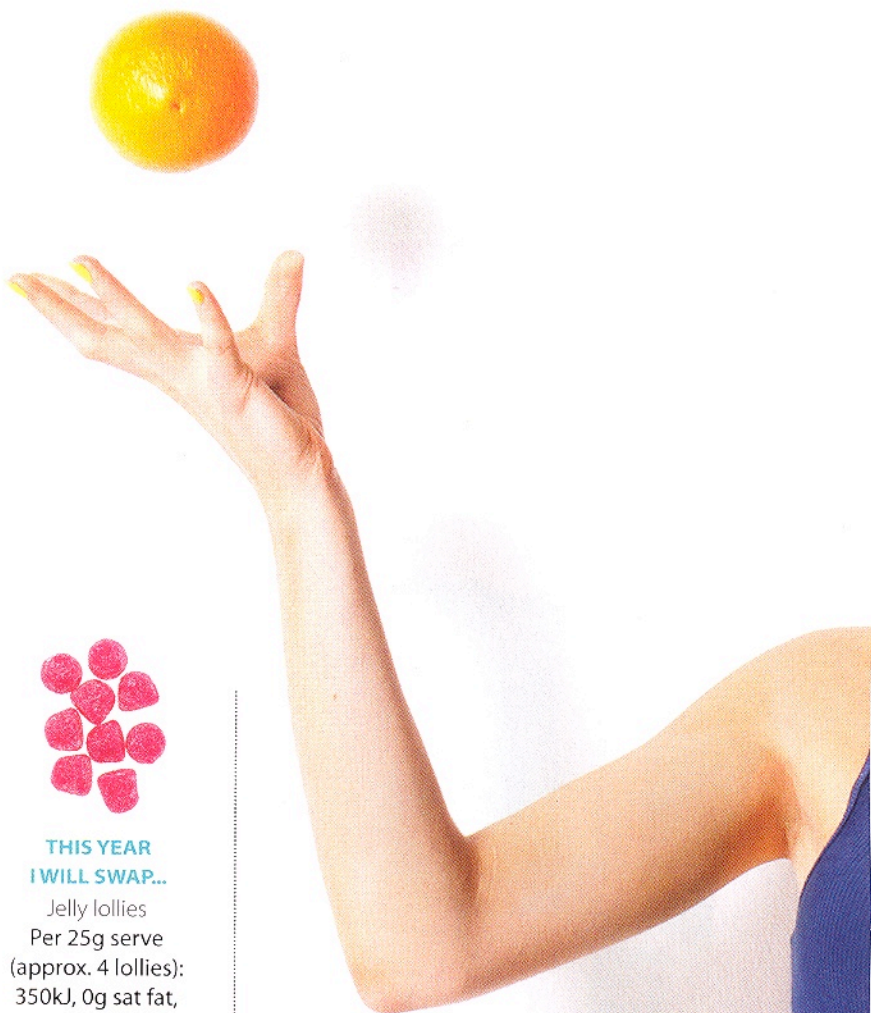
THIS YEAR I WILL SWAP...

Red Rock Deli Deli-Style Corn Chips, Fire Roasted Red Chilli & Lime
Per 27g serve:
576kJ, 3.2g sat fat, 1.3g fibre



Tucker's Natural Multifibre Snacks, Tomato & Basil
Per 25g serve:
405kJ, 0.7g sat fat, 5.1g fibre

These 'all-natural ingredients' snacks are filled with wholegrain goodness and packed with soluble and insoluble fibres to support healthy digestion.



THIS YEAR I WILL SWAP...

Jelly lollies
Per 25g serve (approx. 4 lollies):
350kJ, 0g sat fat, 0g fibre



Fruit for Life Premium Dried Philippine Mango
Per 25g serve:
353kJ, <1g sat fat, 1.25g fibre

While the kilojoule content is roughly the same, the dried mango has fibre benefits which the lollies don't provide. Treat it like a lolly by enjoying in small portions occasionally.



THIS YEAR I WILL SWAP...

Plain white spaghetti
Per 50g dry pasta (roughly 40 strands):
737kJ, 0.15g sat fat, 1.6g fibre

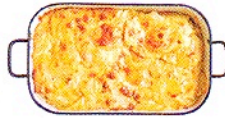


Vetta High Fibre Spaghetti
Per 50g (dry pasta):
733kJ, 0.15g sat fat, 3.2g fibre

This low-GI pasta is made with Australian durum wheat and oat fibre. It has double the fibre of regular pasta.

You want

TO SWITCH TO HEART-HEALTHY FATS



**THIS YEAR
I WILL SWAP..**

Potato bake with
cream and cheese
Per 140g serve:
743kJ, 6g sat fat,
2.2g fibre



Ainsley Harriott
World Kitchen
Lentil Dahl
Per 133g serve
(half the packet,
cooked): 509kJ,
0.15g sat fat,
4.3g fibre

This spicy blend
of red and brown
lentils is low in
'bad' saturated
fats and is a great
source of fibre. It's
a tasty side to a
main meal.



**THIS YEAR
I WILL SWAP..**

Coconut milk
Per 100ml serve:
659kJ, 14.5g sat
fat, 0.3g fibre



Carnation Light &
Creamy Coconut
Flavoured
Evaporated Milk
Per 100ml serve:
415kJ, 1.1g sat fat,
fibre unknown

You'll save a
massive 13g
saturated fat per
100ml just by
making the
switch to the
Carnation version.



**THIS YEAR
I WILL SWAP..**

Mainland Tasty
On The Go
cheese and
crackers pack
Per 50g serve:
885kJ, 7.8g sat
fat, fibre
unknown



John West
Tuna & Beans,
Roasted
Capsicum &
Three Beans
Per 100g
serve: 883kJ,
1.1g sat fat,
4.6g fibre

It's a quick and
tasty snack that's
packed with
omega-3s and
fibre for a healthy
heart and
a satisfied
appetite. ☺