

Healthy food and drink swaps



Small simple food and drink swaps can help create healthier eating patterns, and lead to healthy habits for now and into the future.

- Choose healthier food and drink options that are lower in sugar, salt and fat.
- Research has found that starting small and making one or two changes at a time can be effective to achieve long term healthier habits.

Why not try these easy and simple swaps:

Dairy desserts	>	A small or mini tub of yoghurt or a fruit platter, or a small tub of reduced fat custard	Canned vegetables or canned fruit in syrup	>	Frozen or reduced-salt canned veggies. Try frozen or canned fruit in juice.
Flavoured savoury snacks or crisps/chips	>	Crackers with a small cube of cheese or avocado, or chopped veggie sticks with dips, or plain homemade popcorn	Sugar-coated breakfast cereal	>	Wholegrain breakfast cereal like porridge or wholegrain wheat cereal
Creamy or cheesy sauces	>	Tomato- or vegetable-based sauces for pasta, meat and fish dishes	Big plate	>	Little plate
Cakes and sweet biscuits	>	Fruit toast, homemade pikelets or a muffin	Sugar sweetened drinks such as cordials, soft drinks or fruit juice	>	Water, and you can add flavour such as mint or orange
			Bar of chocolate	>	Handful of trail mix and/or dried fruit, or fruit

For more information, see www.hw.qld.gov.au/simple-food-swaps

For information on Pick of the Crop, visit www.hw.qld.gov.au/pick-of-the-crop

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