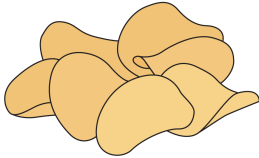


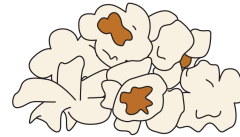
5 SMART SNACK SWAPS

Instead of :
POTATO CHIPS



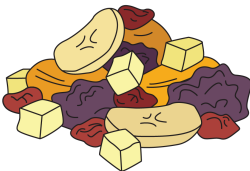
Try

**AIR POPPED
POPCORN**



Contains no added salt or sugar and is higher in fibre.

Instead of :
DRIED FRUIT



Try

**1 CUP OF
BERRIES**



Contains more fibre to keep you feeling fuller for longer.

Instead of :
FLAVOURED MILK



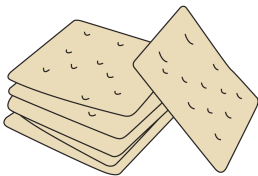
Try

PLAIN MILK



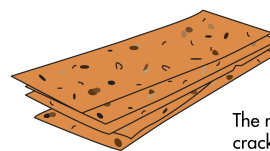
A great protein rich snack that contains less total fat and sugar.

Instead of :
PLAIN SALTY CRACKERS



Try

**WHOLE GRAIN
CRACKERS**



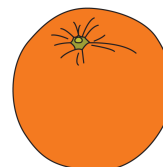
The more seeds in the crackers the better!

Instead of :
FRUIT JUICE



Try

**1 WHOLE
ORANGE**



Chewing your fruit rather than drinking it will keep you feeling more satisfied!

