

Healthy Swaps

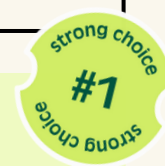
Selecting healthier items for your child's lunchbox can help meet their daily nutritional requirements

Some healthy lunchbox swaps to consider:

Swap this...	For this...
Breads and cereals <ul style="list-style-type: none"> White bread, rolls or wraps Crackers and savoury biscuits 	<ul style="list-style-type: none"> Wholegrain, wholemeal or high fibre varieties breads, rolls, or wraps Wholegrain crackers
Dairy products <ul style="list-style-type: none"> Flavoured desserts Sweetened yoghurt 	<ul style="list-style-type: none"> Reduced fat yoghurt with no added sugar
Meat and alternatives <ul style="list-style-type: none"> Processed meats such as pepperoni, ham, salami, mortadella 	<ul style="list-style-type: none"> Skinless lean meat such as shredded barbeque chicken Canned tuna in spring water Boiled eggs
Condiments <ul style="list-style-type: none"> Butter on bread, rolls or wraps Full fat mayonnaise 	<ul style="list-style-type: none"> Vegetable oil-based spreads, avocado, hummus, cottage cheese, reduced fat cream cheese
Snacks <ul style="list-style-type: none"> Potato chips Cheese spread and crackers Sweet biscuits Iced cakes, buns, and muffins Chocolate Lollies 	<ul style="list-style-type: none"> Air-popped popcorn, crispy chickpeas Wholegrain crackers and reduced fat cheese Homemade pikelets Homemade muesli bars Homemade fruit loaf or fruit muffins Dried fruit
Drinks <ul style="list-style-type: none"> Cordial, juice poppers, other sugary drinks 	<ul style="list-style-type: none"> Water, plain milk or milk alternative



Make healthy swaps by choosing foods with reduced salt and sugar content and high fibre content



Healthy food doesn't have to be boring! Check out our suggestions for how to add a flavoursome and nutritious boost to your next meal.

Tips for using less sugar

- Add vanilla, cinnamon, or ground cloves for natural sweetness.
- Add dried and fresh fruits to muffins, cakes, and pikelets for added sweetness and extra fibre.
- If using canned fruit, choose fruit in natural juice (not syrup) and drain before use.

Note: Raw sugar, brown sugar, coconut sugar, agave, honey, maple, or golden syrup are not healthier alternatives to sugar. If you choose to use any of these ingredients, use sparingly.



Tips for using less salt

- Add a variety of herbs, spices, lime or lemon juice and garlic to recipes for extra flavour.
- Use “reduced salt” or “no added salt” canned foods.
- Limit commercial sauces and condiments such as soy sauce and tomato sauce and read the labels to choose the options with the least amount of salt (sodium).

Note: On food labels, salt is listed as sodium.



Tips for boosting fibre

- Snack on fruit, nuts, or raw vegetables.
- Add beans and lentils to pasta sauces and curries.
- Add vegetables such as grated carrot or zucchini to mixed meals.
- Switch to wholemeal or wholegrain bread and cereal products.
- Leave the skin on fruits and vegetables.

Note: Fibre is important for digestive health and helps you feel fuller for longer. Fibre is found in plant foods such as vegetables, fruits, grains, nuts, seeds, beans and legumes.



WOW
delicious