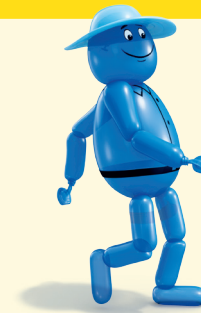


SHOPPING LIST

week 1

“
**YOU CAN LOSE YOUR BELLY
 WITHOUT LOSING OUT ON
 THE THINGS YOU LOVE!**
 ”



DAIRY	meat and ALTERNATIVES	FRUIT	VEGETABLES	GRAINS, CEREALS ETC	BEVERAGES	SWEETS	OTHER
<ul style="list-style-type: none"> • Swap full-cream milk for low-fat milk • When cooking, swap butter for a smear of poly or mono unsaturated oil • Swap creamy, cheesy pasta sauces for tomato and herb varieties • Swap full-cream yoghurt for low-fat natural yoghurt & add your own fruit 	<ul style="list-style-type: none"> • Swap sausages and regular mince for lean meat or mince • Occasionally swap red meats to fish, chicken, or legumes • Swap a large serve of meat for a smaller serve with extra vegetables • Swap a meat loaded pizza for a vegetarian pizza with less cheese 	<ul style="list-style-type: none"> • Swap a glass of fruit juice for a piece of fruit and water • Swap tinned fruit in 'syrup' for tinned fruit in 'natural juices' • Swap coconut cream in cooking to evaporated skim milk with coconut essence • Swap processed fruit snacks for fresh fruit 	<ul style="list-style-type: none"> • Swap potato chips for a small handful of rice crackers • Swap fried chips for a baked potato with salad • Swap vegetable tempura for steamed or grilled vegetables • Swap a caesar salad with a creamy dressing for a garden salad with balsamic vinegar 	<ul style="list-style-type: none"> • Swap a low-fibre, high-sugar breakfast cereal for one that's high in grains and fibre • Swap white bread for wholegrain varieties • Swap granola or toasted muesli for untoasted natural muesli 	<ul style="list-style-type: none"> • Swap your regular soft drink for plain water or soda water • Swap processed fruit juice for fresh fruit • Swap soft drinks for plain mineral water flavoured with squeezed lemon, lime or orange juice 	<ul style="list-style-type: none"> • Swap biscuits for fruit or yoghurt • Swap a handful of lollies for a handful of unsalted nuts, dried fruit or berries • Swap a large portion of milk chocolate for a small piece of dark chocolate • Swap a bowl of regular ice-cream and topping for a small bowl of low-fat ice-cream with frozen berries 	<ul style="list-style-type: none"> • Swap fried fast food for fresh fast food • Swap a second sandwich for some salad • Swap butter for a scrape of reduced fat margarine or avocado • Swap unnecessary snacking for a cup of tea

To find out more about how you can lose your belly without losing out on the things you love, or to download the **SWAP IT DON'T STOP IT** iPhone app, visit: www.australia.gov.au/swapit