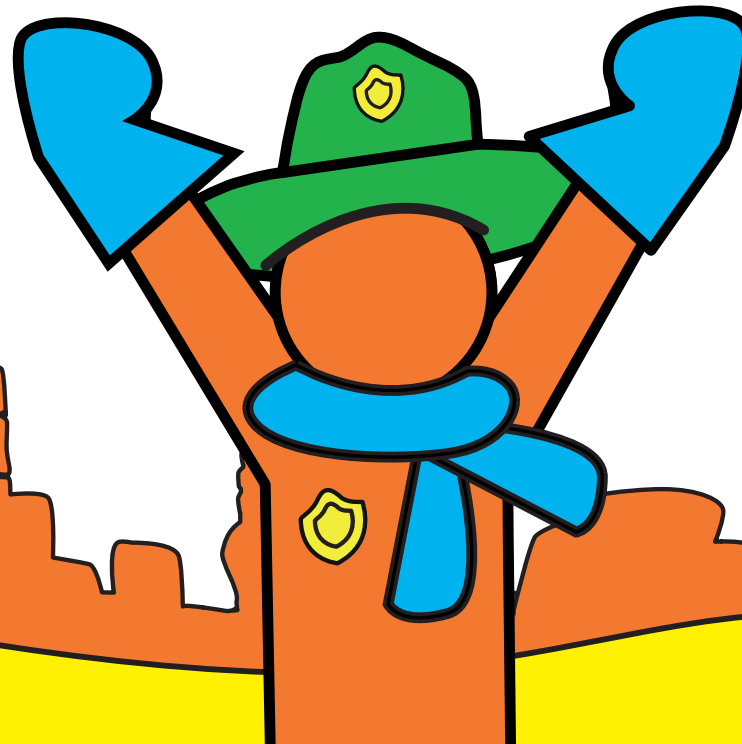
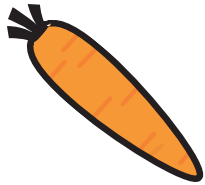
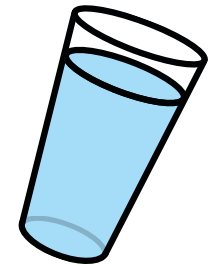
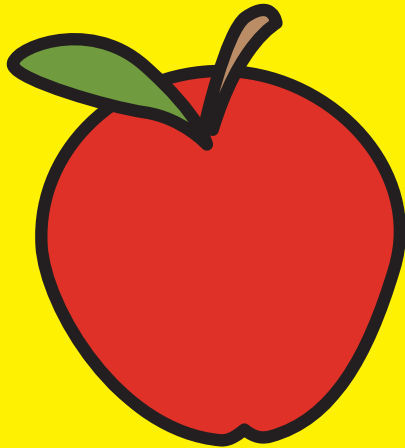


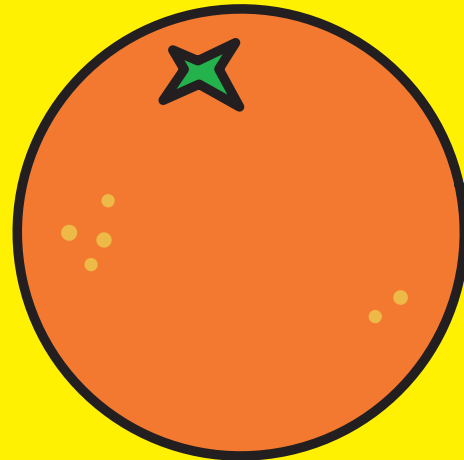
We're learning
to make
healthier swaps!



Fruits



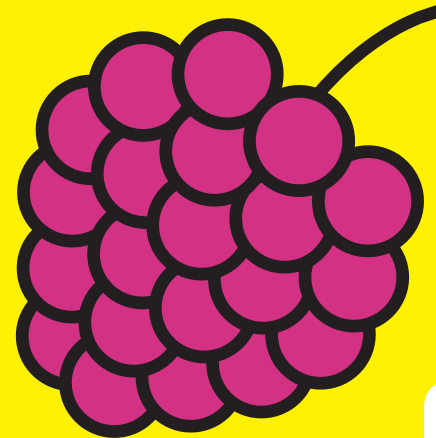
Apple



Orange

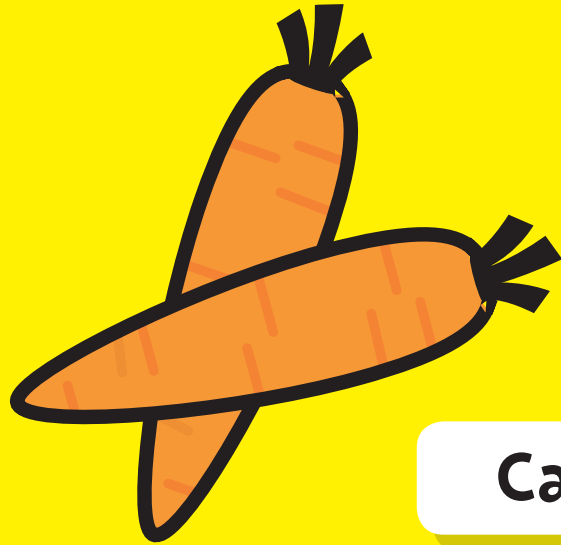


Banana

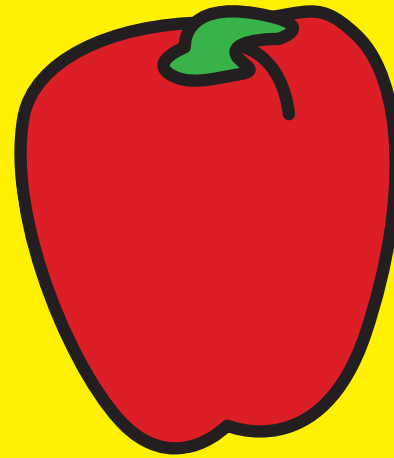


Grapes

Vegetables



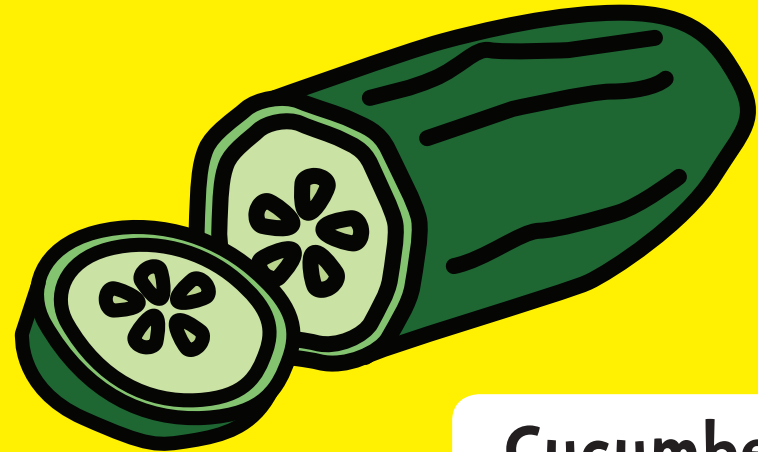
Carrot



Red pepper



Tomato



Cucumber

Sugary foods



Sugary cereal



Chocolate milkshake



Higher-sugar yoghurt

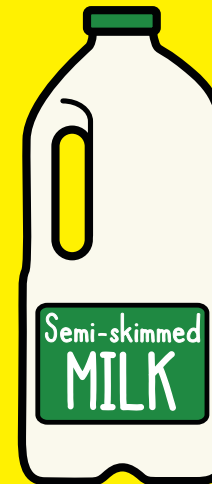


Ice cream

Healthier swap foods



Wheat biscuit
cereal



Semi-skimmed
milk

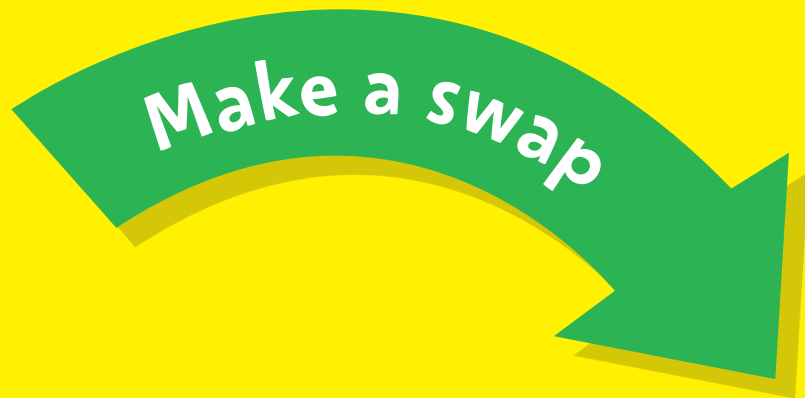


Plain yoghurt
with fruit



Sugar free
jelly

Make a Swap



Can you make a swap when you next shop?

