***Chapman Valley Healthy Harvest Program***

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**Here are some “Swap It” ideas the program participants came up with:**

* Swap extra biscuits and roasted nuts for celery sticks and peanut paste
* Instead of mayonnaise, swap it for a mix of low fat plain yoghurt and dijon mustard
* Swap dairy desserts for low fat/low sugar yoghurt
* Swap bought cakes for homemade ones
* Swap cool drink for soda water with fresh lemon
* Swap chips for a small handful of nuts
* Swap full cream dairy for low fat substitutes
* Instead of giving the kids a snack before tea, swap it by getting them to help get tea ready and chomp on vegies as they go
* Swap pre-packed cereals for homemade bircher muesli
* Swap ice-cream for frozen fruit (ie grapes)
* Instead of getting stuck in the office and kids watching tv in the morning, swap it for going outside together to bike ride, run, or walk the dog.
* Swap carbs at dinner for lean meat and salad
* Swap a glass of water before your "need for coffee"
* Swap main meals for smaller portions
* Swap cooking with oils and use a small amount spray olive oil if needed.

   