

## 10 SMART SWAPS FOR EVERY OCCASION



**1. GOING OUT FOR COFFEE** - Choose a skim milk coffee and hold the extra syrups. Swapping a regular vanilla latte for a skim milk latte will save you **800KJ and 10g fat**.

**2. MEETING FRIENDS FOR BREAKFAST** - Choose low-fat options. Swapping a big breakfast (fried eggs, bacon, toast with butter) for poached eggs with grilled tomato, will save you **600KJ and 15g fat**.

**3. WORKING** - Take a break and go for a walk. Not only will walking help you burn kilojoules, it will help you reassess whether you are really hungry. Swapping two biscuits for a 10 minute walk will save you **400KJ and help you burn 200KJ**.

**4. GOING OUT FOR DRINKS** - Take it slow. Take your time, talk and make the night revolve around the company of your friends or colleagues—not the drinks. Missing the second round of drinks saves you **500KJ**.

**5. DINING OUT** - Think ahead. If you know there is going to be more than one course of food, you don't need to finish everything on your plate. Leaving the extra piece of garlic bread and after-dinner mint saves you **1800KJ and 22g fat**.

**6. SHOPPING** - Have a bag of tricks. If you know you are going to be shopping for a few hours, make sure you keep a healthy snack in your handbag. A small packet of sultanas rather than a café-bought muffin will save you **1800KJ and 22g fat**.

**7. WATCHING A MOVIE** - Think small. Save your waist and your wallet by getting the small box of popcorn not the large. Save **1500KJ and 20g fat**.

**8. ON YOUR WAY TO THE GYM** - Fuel up. If you're hitting the gym after work, have a snack between lunch and your workout. Having a piece of fruit or low-fat yoghurt will stop you eating yourself out of house and home when you finish the workout. Save **500KJ and 13g fat**.

**9. BIRTHDAY PARTIES** - Help the host. If you're worried that there will be no healthy food for you to eat, bring a plate of healthy food to share. Good options include vegetable sticks with low-fat dips, or fruit on skewers with a low-fat fruit yoghurt dip.

### ***Eat better, feel better, see an APD!***

Make this year the one you commit to achieving and maintaining a healthy weight. Get involved with Australia's Healthy Weight Week and see an Accredited Practising Dietitian (APD) for help with healthy eating. APDs provide science-based food and nutrition advice tailored to your individual needs. Free call 1800 812 942 or visit 'Find an APD' at <http://www.daa.asn.au> to contact your local APD.



**10. ON A PLANE** - Choose wisely. Many airlines have healthy options available. Be sure to include the sandwiches and cereals and hold on the extras such as muffins, slices, biscuits and soft drinks. Saying no to the biscuit and soft drink will save you **2300KJ and 25g fat**.

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