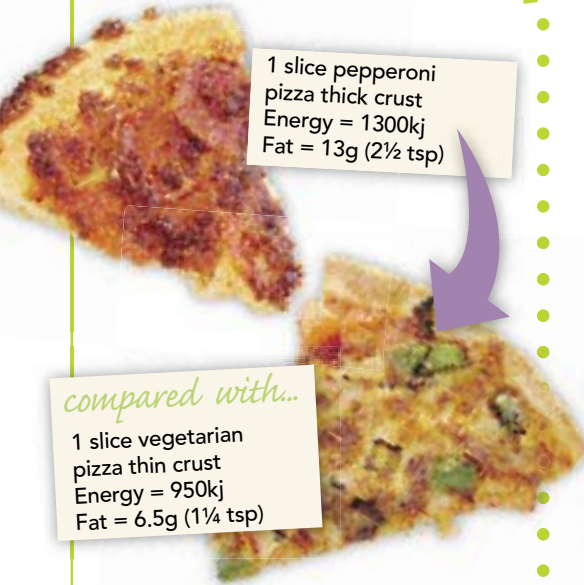


## food swaps



1 slice pepperoni pizza thick crust  
Energy = 1300kj  
Fat = 13g (2½ tsp)

*compared with...*  
1 slice vegetarian pizza thin crust  
Energy = 950kj  
Fat = 6.5g (1¼ tsp)



100g standard crisps/chips  
Energy = 2240kj  
Fat = 37g (7 tsp)

*compared with...*  
100g Health Plus crisps/chips  
Energy = 1195kj  
Fat = 25g (5 tsp)



Giant cookie  
Energy = 1580kj  
Fat = 17.8g (3½ tsp)

*compared with...*  
3 regular chocolate chip biscuits  
Energy = 570kj  
Fat = 4.1g (1 tsp)

**SAVE** 350kj & 6.5g fat (1¼ tsp)

**SAVE** 245kj & 12g fat (2 tsp)

**SAVE** 1010kj & 13.7g fat (2¾ tsp)

There are many ways to improve your diet this summer. Here are a few tips to get you eating sensibly for a more healthy you

### DID YOU KNOW THAT...



Blue or purple-coloured fruits and vegetables have a mild anti-bacterial effect on the body and contain powerful phytochemicals called anthocyanins. For good health include at least one of these foods daily: purple grapes, beetroot, red cabbage, blackberries, eggplant, blueberries and purple asparagus.

## 5 WAYS TO:

## Make your BBQ healthy



*make kebabs*  
Alternating cubed meat with vegetables such as cherry tomatoes, courgette and onion pieces reduces the meat you'll consume and your saturated fat intake.



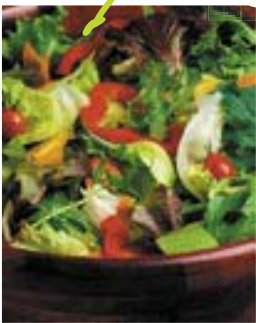
*seafood*  
Select seafood instead of meat. The omega-3 fatty acids of fish, such as salmon, are a better type of fat to eat.



*avoid sausages*  
The average NZ sausage contains 3-4 teaspoons of fat!



*add colour*  
Add some colour to your plate – try pre-boiling sweetcorn then finishing off by charring on the barbecue.



*pile the salad on*  
Place the salad on your plate before adding the meat – it fills the plate up with antioxidants and prevents you being heavy-handed with the protein and fat.