

food swaps



1 x chocolate peanut slab
Energy = 1230kj
Fat = 20.6g (4 tsp)



compared with...
2 x chocolate Mallowpuffs
Energy = 730kj
Fat = 7.8g (1½ tsp)

SAVE Energy = 500kj
Fat = 12.8g (2½ tsp)



5 x sesame crackers
Energy = 605kj
Fat = 7g (< 1½ tsp)



compared with...
5 x Vitalife grain crackers
Energy = 610kj
Fat = 3.2g (¾ tsp)

SAVE Same energy but half the fat



2 x beef sausages – fried
Energy = 1560kj
Fat = 27.4g (< 5½ tsp)



compared with...
1 x single skinless chicken breast grilled
Energy = 743kj Fat = 4.9g (< 1 tsp)

SAVE Energy = 817kj and Fat = 22.5g (4½ tsp)

Oily fish contain Omega-3
– great for healthy eyes.



Good fat vs bad fat



Butter is a source of saturated fat.

Foods high in saturated fat include:

- Butter and dairy products
- Fatty meat and meat products
- Chips and snack foods
- Cakes, biscuits and pastries

2 Mono-unsaturated fat – has been shown to improve heart health.

Foods high in mono-unsaturated fat include:

- Olive oil, canola oil
- Margarine made from canola and olive oils
- Avocado and avocado oil
- Lean meat and poultry
- Peanuts and peanut oil

3 Poly-unsaturated fat – can be divided into two types (Omega-3 and Omega-6)

1 tsp butter = 1 tsp margarine
= 1 tsp oil = 1 tsp avocado
They all equal 5g of fat

It's important to use ALL fats sparingly.
Just because one type may be better for you than another doesn't mean you can eat more of it!

There are three major types of fat:

- 1 Saturated
- 2 Mono-unsaturated
- 3 Poly-unsaturated (Omega-3, Omega-6)

1 Saturated fat – increases your blood cholesterol levels and your risk of heart disease.