

## food swaps

1 portion of scrambled egg  
Energy = 1140kj  
Fat = 20.6g (4 tsp fat)



3 rashers of fried bacon  
Energy = 414kj  
Fat = 8.55g (> 1½ tsp fat)

*compared with...*

3 rashers of grilled, rindless bacon  
Energy = 375kj  
Fat = 6g (< 1½ tsp fat)

*compared with...*

2 poached eggs  
Energy = 722kj  
Fat = 13.8g (< 3 tsp fat)



2 fried hash browns  
Energy = 1060kj  
Fat = 11.4g (> 2 tsp fat)

*compared with...*

2 grilled tomato halves  
Energy = 86kj  
Fat = 0.2g (< 1 tsp fat)



**SAVE** Energy = 418kj  
Fat = 6.8g (>1 tsp fat)

**:SAVE** Energy 39kj  
Fat = 2.55g (½ tsp fat)

**:SAVE** Energy = 974kj  
Fat = 11.2g (> 2 tsp fat)

## NIKKI'S SUPERFOOD OF THE WEEK

### Apricots

Apricots contain many important antioxidants that can boost your immunity. The orange colour of apricots is made by beta-carotene – the precursor for vitamin A – which has strong antioxidant properties. Apricots are also rich in magnesium and potassium.

Magnesium is important for metabolism and potassium is vital in fluid balance. Yummy either fresh or canned, they can also be eaten dried and contain significant amounts of iron.

