

# Healthier swaps

Here are some simple swaps that taste amazing and are better for you and your family.

**From this**



**Chips**



**Hot chips**



**Pie**



**Pizza**



**Ice cream**



**Muesli bar**



**Biscuits**



**to this**

**Popcorn**



**Baked potato**



**Toasted sandwich**



**Filled roll**



**Yoghurt**



**Small handful of nuts**



**Apple**



For more food, nutrition and heart healthy tips visit [heartfoundation.org.nz](http://heartfoundation.org.nz)