

# SUGAR SWAPS



Try these food swaps to help curb your sugar cravings while at home



**FLAVOURED YOGHURT**



**GREEK OR PLAIN YOGHURT, FRESH FRUIT & CINNAMON**



**JUICE OR SOFT DRINK**



**WATER OR SODA WATER INFUSED WITH FRUIT PIECES**



**PASTRY OR MUFFIN**



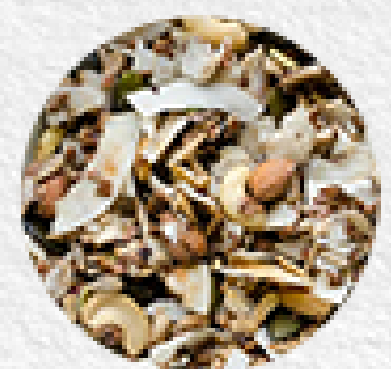
**BOILED EGG OR EGG MUFFIN**



**MUESLI BAR**



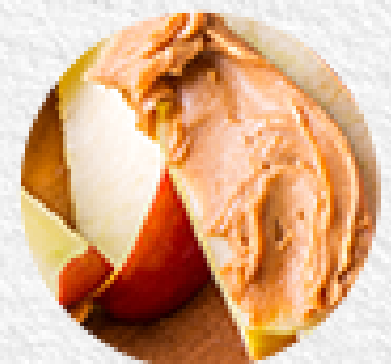
**TRAIL MIX OF NUTS, SEEDS & COCONUT CHIPS**



**BISCUIT**



**SLICED APPLE WITH 100% NUT BUTTER**



**PRE-MADE DRESSING**



**HOMEMADE DRESSING OF OLIVE OIL & LEMON**

