



Swap This for That

Meal swaps and additions



Crumbed chicken

Battered fish and fried seafood

Processed meat (salami, sausage and bacon)



Pies

Sausage Rolls

Hot dogs

Burgers



Fried dim sims



Cream based pasta and curries

Pizza



White bread, wraps or rice



Baked, steamed, grilled or pan-fried chicken, fish, seafood

Tofu

Eggs

Roasted vegetables



Fresh sandwiches or wraps with lean meats and vegetables

Steamed dim sims or dumplings

Rice paper rolls

Sushi



Tomato or vegetable based pizza and pasta

Vegetable based curries and soups



Wholegrain or wholemeal bread, or wraps and brown rice

