

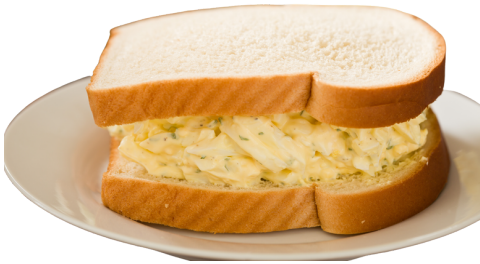
# Simple Swaps



Sugary breakfast cereal



Oats with fruit



White bread & cheese sandwich



Wholegrain chicken & salad sandwich



Chocolate bar



Dark chocolate



Full plate of pasta



Pasta & mixed salad

# Simple Swaps



Processed smoothie



Fruit bowl



Fried chicken



Grilled chicken



Large fries



Small fries & side salad



Large cocktail



Vodka, soda water & lime