

Simple swaps

EAT BETTER NOT LESS



White rice for brown rice



Minced beef for canned lentils
(no added salt)



Coconut cream for plant milk
in cooking



White sugar for mashed banana
in baking



Scrambled eggs for
tofu scramble



1 egg for 1 tbsp ground flaxseed
& 3 tbsp water in baking



Cup of fruit juice for fruit
infused water



White pasta for a wholemeal
or pulse pasta



Mayonnaise for home-made
hummus



Store bought salad dressings for
apple cider vinegar

