



Healthy food  
*Swaps*



# The healthy exchange.

Find out how many calories you could be saving by simply swapping your current food choices with healthier alternatives.

SIMPLE SWAPS  
FOR WEIGHT LOSS



Difference*	Calories	Fat loss**
1 day	<b>240</b>	<b>20g</b>
1 week	<b>1,700</b>	<b>190g</b>
1 month	<b>7,280</b>	<b>820g</b>
<b>1 year</b>	<b>88,540</b>	<b><u>10kg</u></b>

\* Difference if product is consumed every day.

\*\* Fat loss estimation based on energy saved in fat equivalence (1kg of fat = 8,851 calories)



Difference*	Calories	Fat loss**
1 day	<b>150</b>	<b>1g</b>
1 week	<b>1,050</b>	<b>12g</b>
1 month	<b>4,620</b>	<b>52g</b>
<b>1 year</b>	<b>54,750</b>	<b><u>6.2kg</u></b>

\* Difference if product is consumed every day.

\*\* Fat loss estimation based on energy saved in fat equivalence (1kg of fat = 8,851 calories)

SIMPLE SWAPS  
FOR WEIGHT LOSS



Difference*	Calories	Fat loss**
1 day	<b>110</b>	<b>1g</b>
1 week	<b>770</b>	<b>8g</b>
1 month	<b>3,388</b>	<b>380g</b>
<b>1 year</b>	<b>40,150</b>	<b><u>4.5kg</u></b>

\* Based on 250ml of milk. Difference if product is consumed every day.  
 \*\* Fat loss estimation based on energy saved in fat equivalence. (1kg of fat = 8,851 calories)



Difference*	Calories	Fat loss**
1 day	<b>114</b>	<b>1g</b>
1 week	<b>798</b>	<b>9g</b>
1 month	<b>3,511</b>	<b>390g</b>
<b>1 year</b>	<b>41,610</b>	<b><u>4.7kg</u></b>

\* Based on Foodworks analysis. Difference if product is consumed every day.  
 \*\* Fat loss estimation based on energy saved in fat equivalence. (1kg of fat = 8,851 calories)

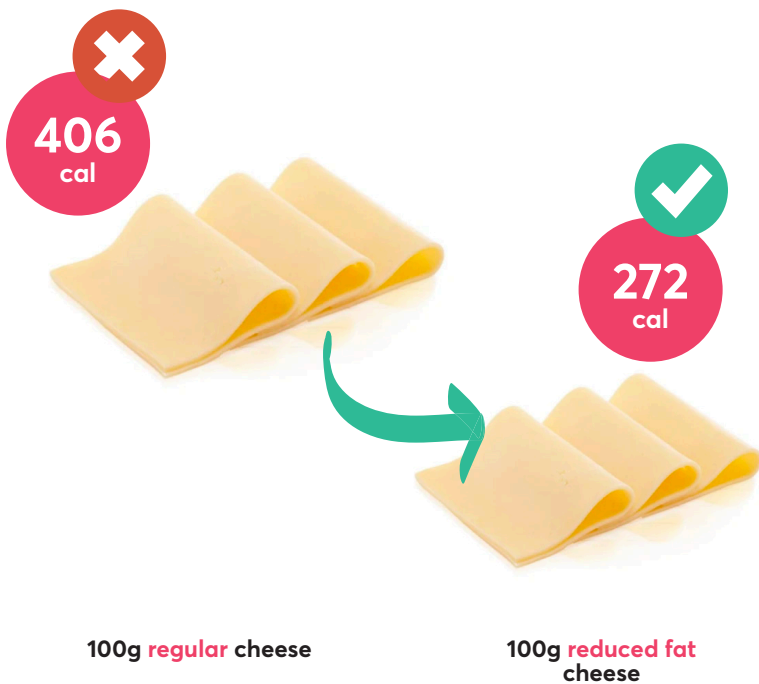
SIMPLE SWAPS  
FOR WEIGHT LOSS



Difference*	Calories	Fat loss**
1 day	<b>95</b>	<b>1g</b>
1 week	<b>665</b>	<b>7g</b>
1 month	<b>2,926</b>	<b>330g</b>
<b>1 year</b>	<b>34,675</b>	<b><u>3.9kg</u></b>

\* Based on Foodworks analysis and 2 tbsp of each. Difference if product is consumed every day.

\*\* Fat loss estimation based on energy saved in fat equivalence. (1kg of fat = 8,851 calories)



Difference*	Calories	Fat loss**
1 day	<b>134</b>	<b>1g</b>
1 week	<b>938</b>	<b>10g</b>
1 month	<b>4,127</b>	<b>466g</b>
<b>1 year</b>	<b>48,910</b>	<b><u>5.5kg</u></b>

\* Based on 100g Bega's "bitey" cheese vs '50% less fat' cheese. Difference if product is consumed every day.

\*\* Fat loss estimation based on energy saved in fat equivalence. (1kg of fat = 8,851 calories)



SIMPLE SWAPS  
FOR WEIGHT LOSS



\* Based on 100g in Foodworks analysis. Difference if product is consumed every day.  
 \*\* Fat loss estimation based on energy saved in fat equivalence. (1kg of fat = 8,851 calories)



\* Big bowl of pasta based on two cups of cooked pasta, versus one cup of pasta and one cup of mixed frozen vegetables from Foodworks. Difference if product is consumed every day.  
 \*\* Fat loss estimation based on energy saved in fat equivalence. (1kg of fat = 8,851 calories)

SIMPLE SWAPS  
FOR WEIGHT LOSS



Difference*	Calories	Fat loss**
1 day	<b>182</b>	<b>20g</b>
1 week	<b>1,274</b>	<b>143g</b>
1 month	<b>5,605</b>	<b>630g</b>
1 year	<b>66,430</b>	<b><u>7.5kg</u></b>

\* Difference if product is consumed every day.

\*\* Fat loss estimation based on energy saved in fat equivalence. (1kg of fat = 8,851 calories)

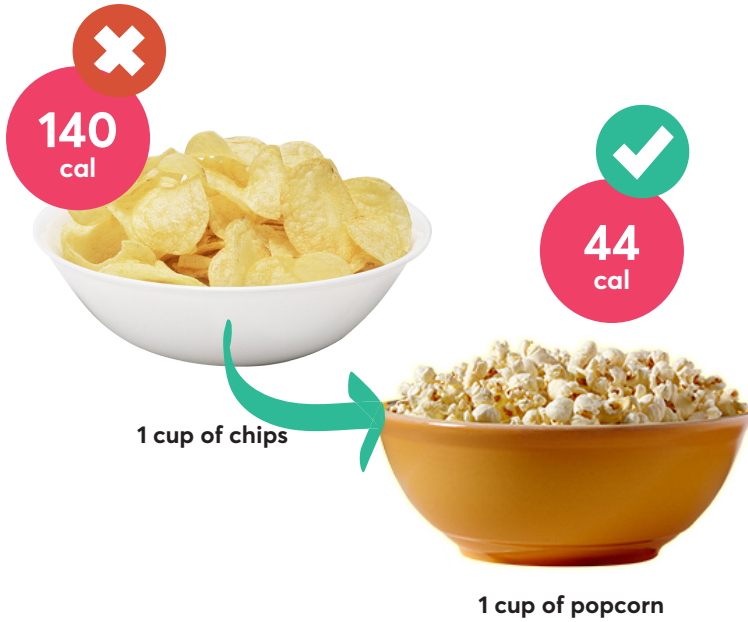


Difference*	Calories	Fat loss**
1 day	<b>79</b>	<b>&lt;1g</b>
1 week	<b>553</b>	<b>62g</b>
1 month	<b>2,433</b>	<b>270g</b>
1 year	<b>28,835</b>	<b><u>3.2kg</u></b>

\* Based on 100ml. Difference if product is consumed every day.

\*\* Fat loss estimation based on energy saved in fat equivalence. (1kg of fat = 8,851 calories)

# SIMPLE SWAPS FOR WEIGHT LOSS



Difference*	Calories	Fat loss**
1 day	<b>96</b>	<b>&lt;1g</b>
1 week	<b>672</b>	<b>75g</b>
1 month	<b>2,687</b>	<b>304g</b>
1 year	<b>35,040</b>	<b><u>4kg</u></b>

\*\* Based on 100ml.. Difference if product is consumed every day.

\*\* Fat loss estimation based on energy saved in fat equivalence. (1kg of fat = 8,851 calories)



# The healthy combination.

Find out how sometimes  
eating more is actually  
better for weight loss.

VOLUME EATING  
FOR WEIGHT LOSS

980  
cal



Dare iced coffee  
+ Mrs Mac's beef pie

VS

950  
cal



Sandwich  
(Chicken, mayo, salad  
wholemeal bread)  
+ Banana  
+ Hunt and Brew coffee  
+ Chobani yoghurt  
+ small Kit Kat

VOLUME EATING  
FOR WEIGHT LOSS

140  
cal



1 cup salted  
potato chips

VS

132  
cal



3 cups salted  
air popped  
popcorn

Visit  
**cbhs.com.au**  
for more information!