



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.

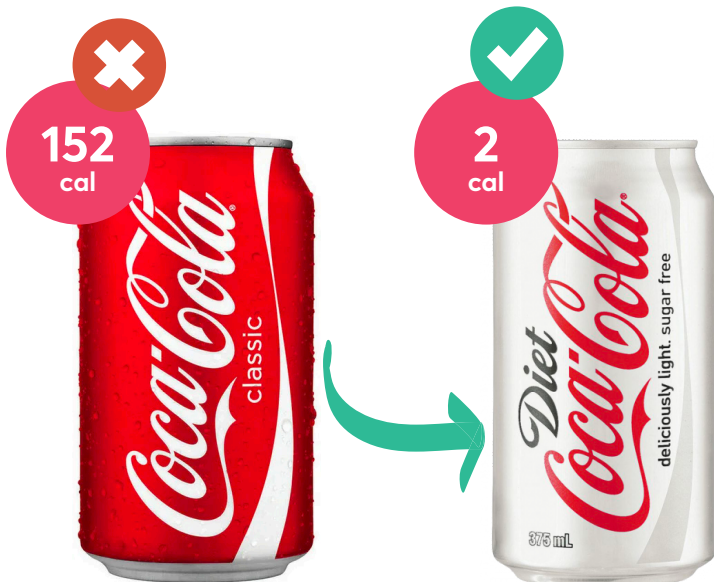
SIMPLE SWAPS
FOR WEIGHT LOSS



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

* 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	150	1g
1 week	1,050	12g
1 month	4,620	52g
1 year	54,750	<u>6.2kg</u>

* 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	110	1g
1 week	770	8g
1 month	3,388	380g
1 year	40,150	<u>4.5kg</u>

* 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	114	1g
1 week	798	9g
1 month	3,511	390g
1 year	41,610	<u>4.7kg</u>

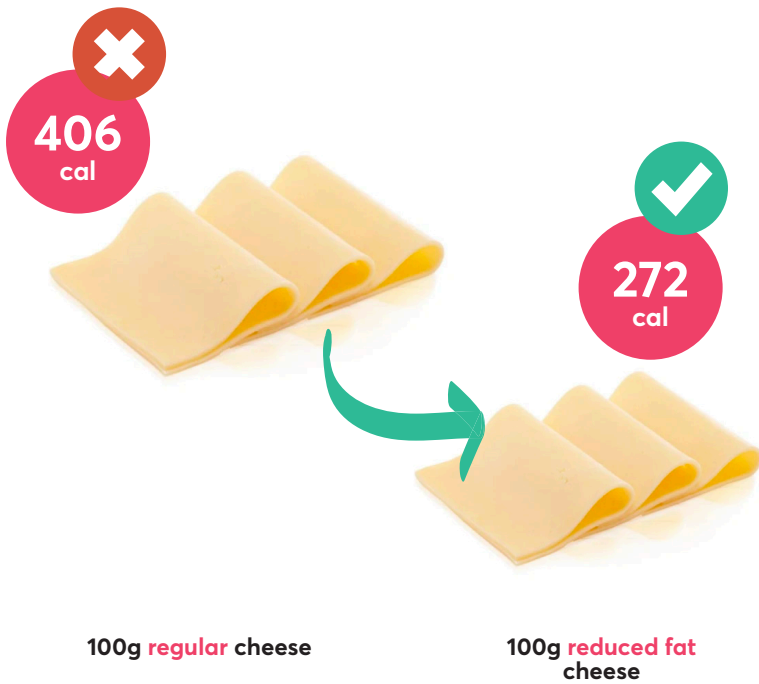
* Based on Foodworks analysis. Difference if product is consumed every day.
 ** Fat loss estimation based on energy saved in fat equivalence. (1kg of fat = 8,851 calories)

SIMPLE SWAPS
FOR WEIGHT LOSS



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

* 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	134	1g
1 week	938	10g
1 month	4,127	466g
1 year	48,910	<u>5.5kg</u>

* 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	182	20g
1 week	1,274	143g
1 month	5,605	630g
1 year	66,430	<u>7.5kg</u>

* Difference if product is consumed every day.

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

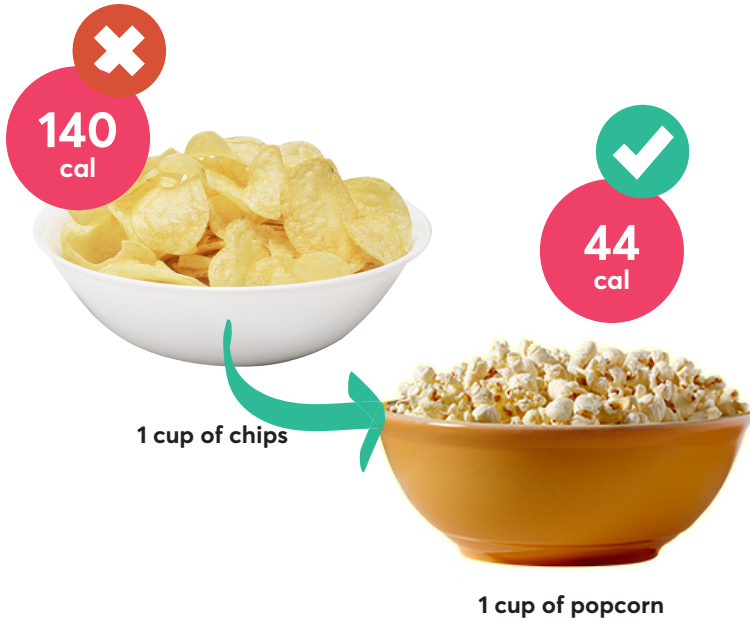


Difference*	Calories	Fat loss**
1 day	79	<1g
1 week	553	62g
1 month	2,433	270g
1 year	28,835	<u>3.2kg</u>

* 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	96	<1g
1 week	672	75g
1 month	2,687	304g
1 year	35,040	<u>4kg</u>

** 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

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