



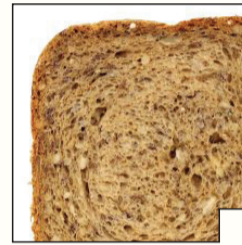
TUCKER TALK TIPS

HEALTHY FOOD SWAPS

HERE ARE SOME SIMPLE CHANGES YOU CAN MAKE TO GET MORE GOODNESS INTO YOUR DIET.



WHITE BREAD



MULTIGRAIN OR WHOLEMEAL BREAD



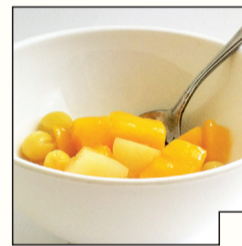
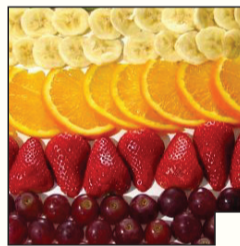
PROCESSED CEREAL



WHOLEGRAIN CEREAL OR PORRIDGE



FRUIT BAR



FRESH OR TINNED FRUIT IN JUICE



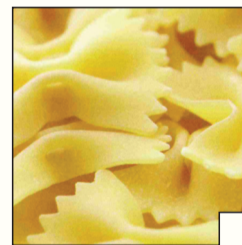
CORDIAL



WATER OR MILK (REDUCED FAT)



2 MINUTE NOODLES



BAKED BEANS OR PASTA



ICE CREAM



YOGHURT (REDUCED FAT) OR CUSTARD