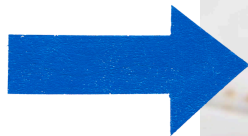


Nutrition Snippet

HEALTHY SWAPS

Swap out processed cheese spread and crackers



Pack sliced cheese and wholegrain crackers



- ✓ More protein & fibre
- ✓ Less sodium and fat
- ✓ Cost effective

For more ideas see our interactive healthy swaps at healthymadetasty.com.au/healthy-swaps/

healthymadetasty.com.au



Cancer Council
Healthy Made Tasty