

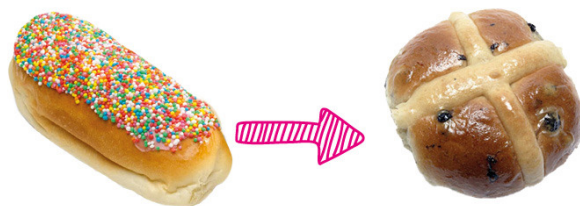


## Simple Sweet Swaps

Have you already tried swapping?

Next week, why not challenge yourself to try one of these sweet swaps:

- Chocolate biscuits to fruit bread
- Muesli bar to pikelets
- Juice to water with fresh fruit



Making these sweet swaps can protect kids from tooth decay. Visit:  
<http://www.goodforkids.nsw.gov.au/primary-schools/swap-it/swap-it-sweet/>

