

Healthy Food Swaps

In Nuku Ora's Green Prescription we promote making positive food choices. Balance, moderation and variety are our go-to's to describe how we like to eat.

We understand it can be easy to get into a routine with food which can create unhealthy habits. If you find your in that spot right now and want a change why not try out one of these swaps?



Potato chips



Popcorn



Juice



Fruit



Dessert



Dark chocolate



White bread



Multigrain bread

Healthy swaps can make a big difference to the fat, sugar and salt in your meals.

What healthy swaps would you like to make?

Swaps for Healthy Nachos

See our examples below for ideas on how to make meals healthier without losing the flavour. Making these changes can also help with lowering the cost of kai.

Swap out the salty chips for a plain or homemade chip using baked wraps



Flavoured corn chips



Homemade tortilla chips



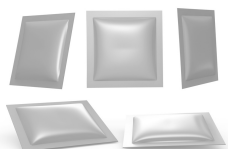
Expensive mince



Variety of beans

Beans make the meal go further, filling us up and costing less!

Pre-mixed often spices have extra sugar and salt included which we don't need



Pre-mixed spice



Create your own



Grated cheese



Natural or Greek yoghurt

Yogurt has probiotics which is good for the gut, and lower fat