

# Smart food swaps



Swap this for that



**Sugar**



**Jaggery**

Swap this for that



**Maida**



**Wheat flour**

# Swap this for that



**Candy**



**Peanuts**

Swap this for that



**Potato chips**



**Unsalted Popcorn**

Swap this for that



**Icecream**



**Fruits**

Swap this for that



**Milk coffee**



**Black coffee**

Reinvent your wellbeing with a dash of health,  
a pinch of flavour & smart ingredient swaps!



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