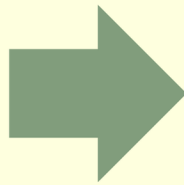


SIMPLE SWAPS

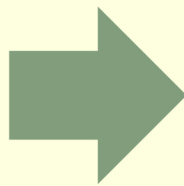
WHITE BREADS/WRAPPS



WHOLEGRAIN BREADS & WRAPS



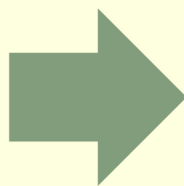
FULL CREAM DAIRY



LOW-FAT DAIRY



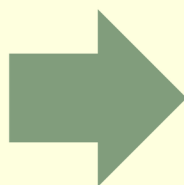
CHIPS & LOLLIES



POPCORN, UNSALTED NUTS ETC.



FATTY MEATS



LEAN MEATS

