

Healthy swaps that cost you less

Instead of this	Use this	✓ Why it's better
Anchor milk blue top 2L \$4.75	 Anchor milk lite blue 2L \$4.34 ✓ SAVE 41c	✓ Less total and saturated fat
Fresh & Fruity yoghurt 6-pack \$5.89 (98 cents per serve)	 Fresh & Fruity lite yoghurt 1 kilo pack \$6.09 (87 cents per serve) ✓ SAVE 67c	✓ Less total and saturated fat ✓ Less packaging
Signature Range edam cheese block 500g \$6.99 (13 cents per gram)	 Signature Range edam cheese shredded 400g (13 cents per gram) ✓ SAME PRICE	✓ No price difference ✓ Grated so you use less
Mainland mild cheese 1kg \$13.95 (13 cents per gram)	 Mainland edam cheese 1kg \$13.95 (13 cents per gram) ✓ SAME PRICE	✓ No price difference ✓ Less total and saturated fat
Country Goodness sour cream 2 pack 300g \$2.99	 Country Goodness sour cream lite 500g \$2.69 ✓ SAVE 30c	✓ Less total and saturated fat ✓ Less packaging
Fernleaf semi-soft butter 500g \$6.29	 Flora light spread 500g \$3.09 ✓ SAVE \$3.20	✓ Less total and saturated fat

* We shopped on 3 June 2008.