

Healthy swaps that cost you less

Instead of this		Use this	✓ Why it's better
Anchor milk blue top 2L \$4.75	lite	Anchor milk lite blue 2L \$4.34 VSAVE 41c	✓ Less total and saturated fat
Fresh & Fruity yoghurt 6-pack \$5.89 (98 cents per serve)	Lite atrouvered	Fresh & Fruity lite yoghurt 1 kilo pack \$6.09 (87 cents per serve) VSAVE 67c	✓ Less total and saturated fat✓ Less packaging
Signature Range edam cheese block 500g \$6.99 (13 cents per gram)	Edam	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)	Edam And Constitution of the Constitution of	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	Sour ** Sour ** Sour **	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	Flora light spread 500g \$3.09 VSAVE \$3.20	✓ Less total and saturated fat

^{*} We shopped on 3 June 2008.

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