

VU CHEW Program

(Cooking, Healthy Eating, and Wellness)

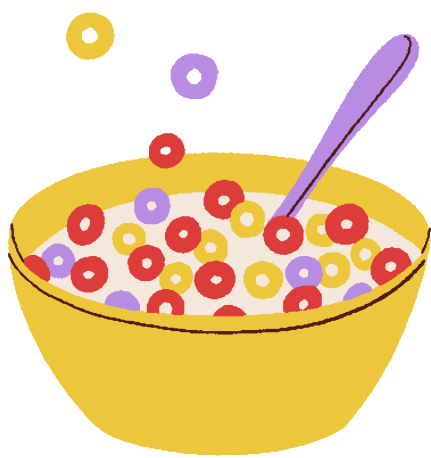
Lower sugar swaps



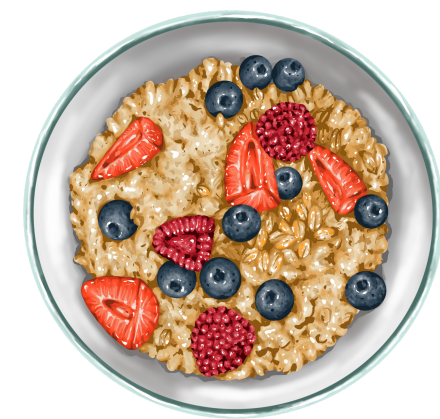
Soft drink



Diet soft drinks or water



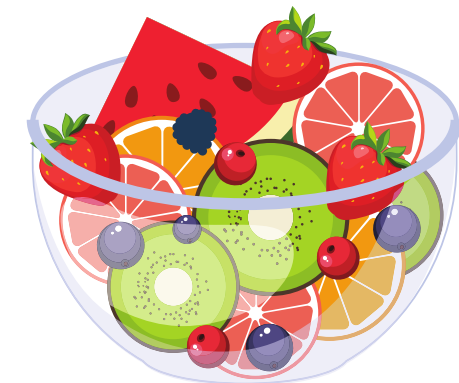
Sugary cereals



Grain cereal



Cakes, donuts, sweets



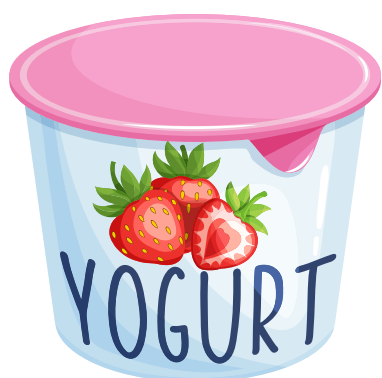
Fruit salad



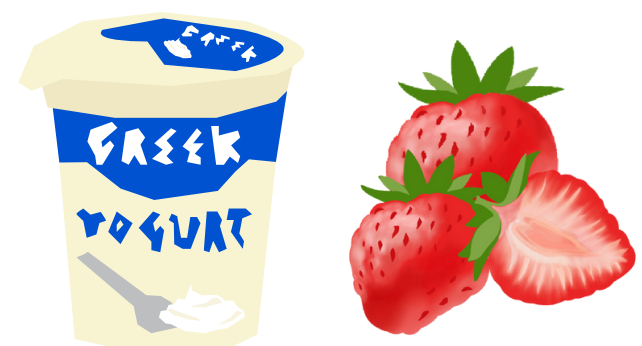
Coffee with sugar



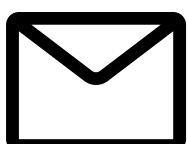
Coffee without sugar



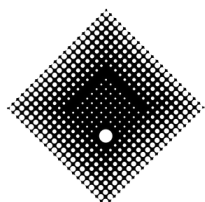
Fruit yoghurt



Fresh fruits and greek yoghurt



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An Australian Government Initiative

Supporting People with an Intellectual Disability to Access Health (SPIDAH)

