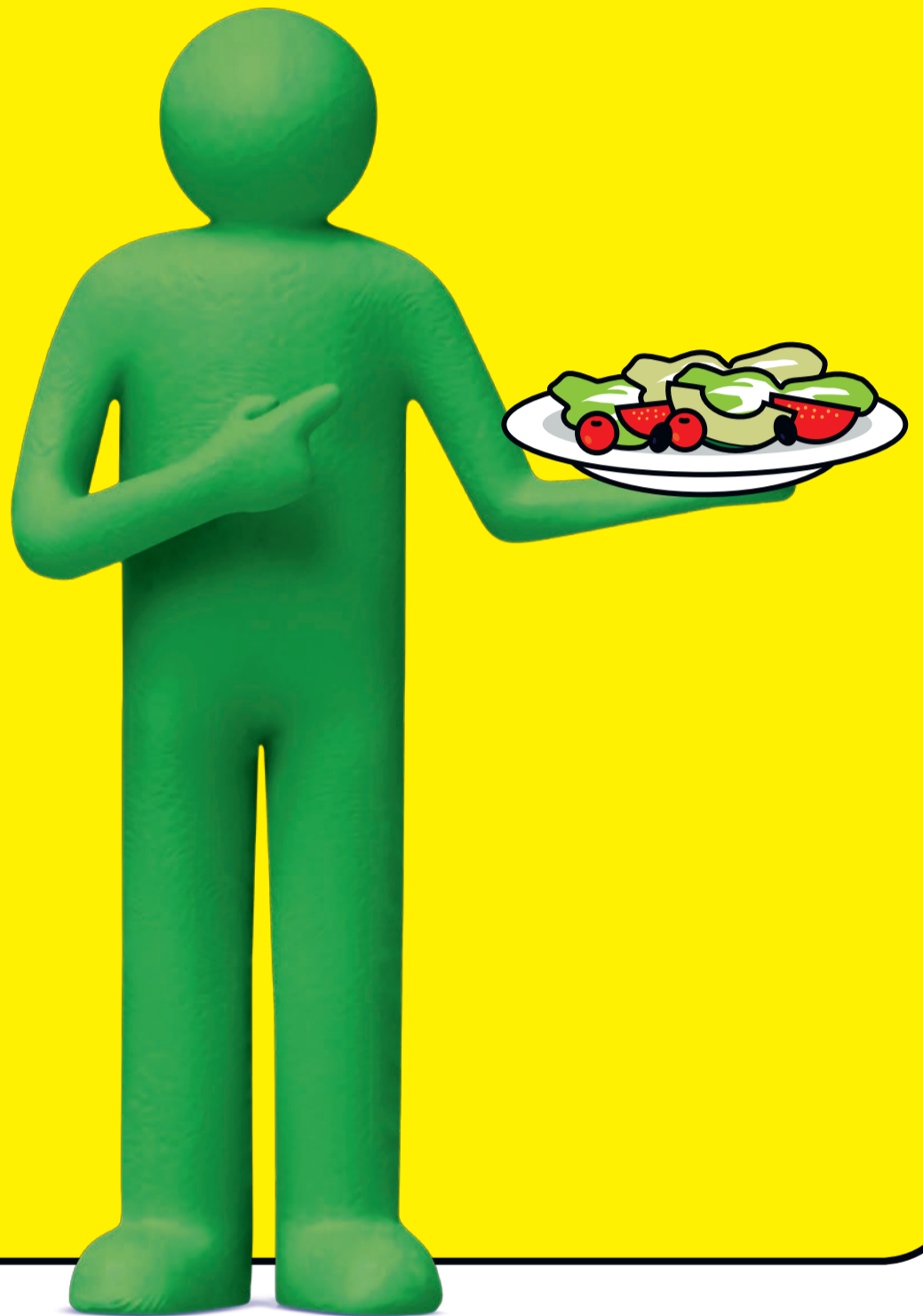


What could swapping your side order do for your middle?



Veg are great for filling you up without piling on the calories. So if you're trying to watch your waistline, it makes sense to choose veg or salad on the side instead of chips or garlic bread. You'll be cutting down the calories on your plate without having to say 'no' to your favourite main course – and you'll be on your way to 5 A DAY!

What swaps could you make to stay in shape?

Swap it, don't stop it:

Search [Change4Life](#) online to find other simple swaps.

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4 LIFE
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