

CAN I SWAP IT?

Food Swap Quick Guide

Use this as a general guide

 Always follow your hospital's dietary instructions if they differ.



GOOD CHOICES

These foods are usually OK



White bread



White rice



Plain pasta



Chicken



White fish



Eggs



Plain vanilla yoghurt



Vanilla ice cream



White chocolate



Stewed apple (canned or homemade)



Canned fruit (in juice)



Plain jelly (eg. lemon)



Potato (peeled & mashed)



Pumpkin



Well cooked or peeled vegetables (eg. carrot, zucchini)



Rice bubbles & corn flakes



Plain sweet biscuits



Plain crackers (salted)



Water



Apple juice



Tea



Lemonade (clear)



FOODS TO AVOID

Try to avoid these foods



Brown & multi grain bread



Brown rice & quinoa



High fibre pasta



Steak



Processed meats



Fried & fatty meats



Ice cream with chocolate/chips



Milk or dark chocolate



High fat cheese



Berries



Fruit with seeds



High fibre tropical fruit



Green vegetables (eg. broccoli, beans, spinach)



Red vegetables (eg. tomato, capsicum, beetroot, onion)



Raw salad & leafy greens



Muesli & granola



Seeded or high fibre biscuits



Wholegrain crackers



Orange juice



Smoothies



Milky coffee & high fat drinks



Alcohol