

# VU CHEW Program

(Cooking, Healthy Eating, and Wellness)

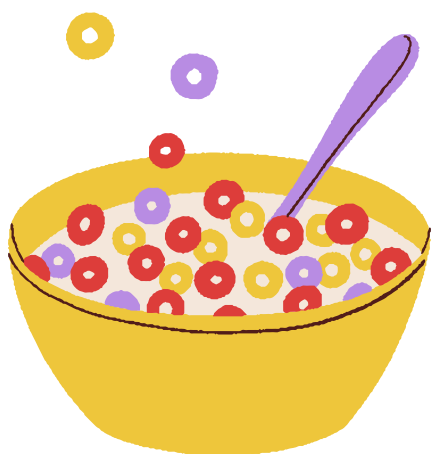
## Lower sugar swaps



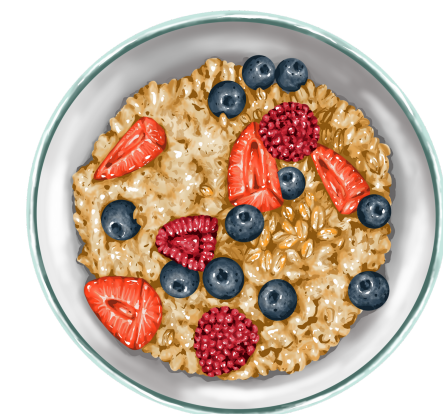
Soft drink



Diet soft drinks or water



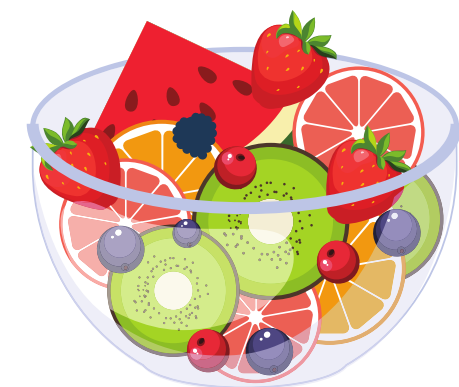
Sugary cereals



Grain cereal



Cakes, donuts, sweets



Fruit salad



Coffee with sugar



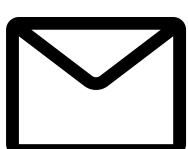
Coffee without sugar



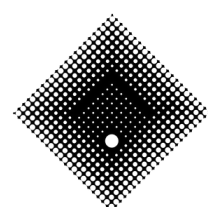
Fruit yoghurt



Fresh fruits and greek yoghurt



contact Monica for more information [monica.wellington@vu.edu.au](mailto:monica.wellington@vu.edu.au)



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Supporting People with an Intellectual  
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