

Healthy Food Swaps

(This is just a guide to give you some ideas of healthy food swaps. You might want to choose different foods depending on what you like.)

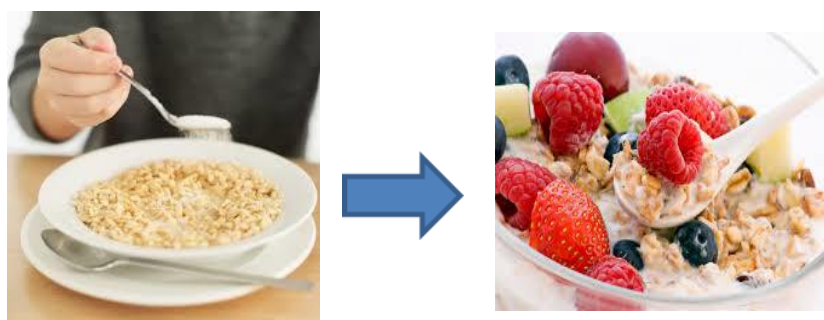
Breakfast



Swap whole milk for semi-skimmed or skimmed milk.



Swap a sugary cereal for wholegrain cereal such as porridge, shredded wheat or Weetabix. Look for the “no added sugar” label.



Swap a sprinkle of sugar on your breakfast cereal for a topping of fresh/ dried fruit or honey.



Swap full-fat yoghurt for lower-fat/ fat-free Greek or natural yoghurt.

Lunch



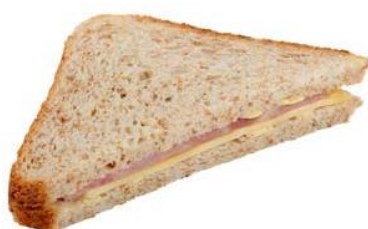
Swap white bread,
for wholemeal/
wholegrain varieties.



Swap butter and
cheese in
your jacket potato
for margarine and
reduced salt /sugar
baked beans.



Swap a tuna melt
panini for a tuna
salad sandwich on
wholemeal bread
without mayo.



Swap a ham and
cheese sandwich for
chicken salad in a
wholemeal wrap.

Snacks



Swap normal crisps for baked crisps or low-fat popcorn.



Swap a chocolate bar for a fruit and nut flap jack.



Swap sweets for a rice cake with jam, marmalade or honey.



Swap chips for vegetable sticks with low fat dip. Or oven baked sweet potato wedges.



Swap a muffin for a cereal bar or some cooked fruit and natural low fat yoghurt.



Swap a pork pie for a handful of mixed nuts. Try to choose the unsalted options and avoid high calorie nuts such as peanuts (check the label).



Swap a sausage roll for $\frac{1}{2}$ a pitta bread with a low fat filling such as: tuna, chicken, salad or egg.



Swap cheese straws for wholemeal crackers and low fat cheese spread.

Dinner



Swap creamy or cheesy sauces for tomato or vegetable-based sauces on your meals.



Swap mashed potato made with butter and whole milk for mash with low-fat spread and a skimmed milk.



Swap a side dish of fries for salad or roasted vegetables.



Swap white rice for brown rice.



Choose leaner cuts of meat.
E.g. swap streaky bacon for back bacon.



Swap the frying pan for the grill when cooking.



Swap a cheese burger for a turkey burger with a wholemeal bun.



Swap cooking oil for low calorie spray.

Drinks



Use skimmed milk and sweeteners in tea and coffee instead of sugar and full fat milk. Or try fruit/herbal teas.



Swap a cordial/squash for one with no added sugar. Or have water instead.



Swap fizzy drinks with fruit juice (with no added sugar) mixed with fizzy water.



Swap hot chocolate with milk and whipped cream for low fat hot chocolate made with hot water and no cream.

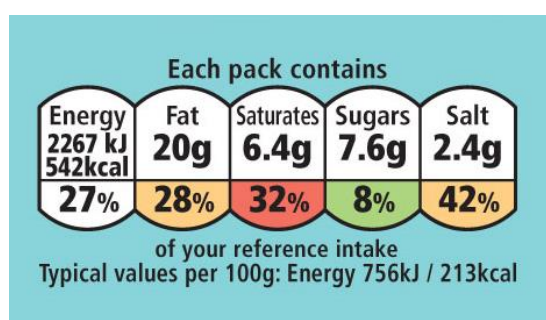
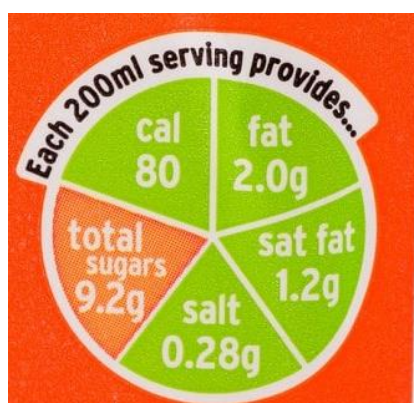
Remember: Always check the food labels!

Use the traffic light system if it is available:

More Red labels: very unhealthy.

More Orange labels: a bit unhealthy but not too bad.

More Green labels: much healthier.



Or try to find foods which have less than 5% on the label:

