

Food Swaps!

Choosing healthier foods is easier than you may think.

By changing just a few eating habits, you can make a big difference to your diet
- this is the healthiest and most achievable way to lose weight!

First step is to swap foods high in calories, fat, salt and sugars for something healthier, including more fruit and vegetables.

BREAKFAST	
Whole milk	Semi-skimmed, or even skimmed Or try a dairy-alternative!
Sugar-coated breakfast cereal/bars	Wholegrains, e.g. porridge or shredded wholegrain cereal with no-added sugar
Sprinkle of sugar on your cereal	Top with fresh or frozen fruit
Corner yoghurts	Natural, low fat Greek yoghurt with fruit

DINNER	
White bread, bagels, muffins	Wholegrain alternatives, sandwich 'thins', tortillas, or try a lettuce wrap!
Cheesy jacket potatoes	Low-fat butter, low-sugar beans, tuna with a small amount of mayo
Paninis and toasties	Salad bowls with a small portion of bread on the side
Pre-made salads with high-fat dressings	Chop your favourite veggies and make your own dressing (it's super easy)

TEA	
Creamy pasta sauce	Blend your favourite veggies with tins of chopped tomatoes & herbs
Frying pan with oil	Use the grill or treat yourself to a non-stick pan or air fryer
Traditional English meals with lots of meat & gravy	Reduce your meat portion and fill your plate with veggies.
Easy, frozen foods, e.g. oven chips	Chop up some veggies, spread on a baking tray with a small amount of oil and your favourite seasoning. This will last you a few meals & can be frozen

DRINKS	
Coffee sachets/shop-bought	Make your own with semi-skimmed milk or milk alternative. Add a sweetener or small amount of honey if needed
Fizzy drinks/juices	Low sugar cordial (with soda water if you need it), fruit-infused water, iced green tea Use a bottle with a straw to make it easier to stay hydrated
Take-out hot drink	Ask for skimmed milk & no cream/marshmallows

SNACKS	
Cakes & muffins	Fruit bread (reduced sugar if you can). Or bake a vegan alternative!
Pre-packaged fruit snacks	Chop some veggies & have a portion of hummus with them
Cheese snacks	Rice cakes with cottage cheese, hummus, small amount of hazelnut spread/peanut butter