

SIMPLE SWAPS

SWAP THIS...



FOR THIS...



WHY?

Fresh fruit has less sugar and contains more fibre than a store-bought fruit juice. Try not to peel the skin off fruit and vegetables as they contain a lot of nutrients.

SWAP THIS...



FOR THIS...



WHY?

Try to choose vegetable-based sauces rather than cream-based sauces as they are much lower in fat.

SWAP THIS...



FOR THIS...



WHY?

Cereals can be very high in sugar. Swap to a grain cereal that is high in fibre and does not contain added sugars.

SWAP THIS...



FOR THIS...



WHY?

Try using wholemeal pita bread as a pizza base instead of buying a frozen pizza base/frozen pizza. The bread is fresher and has more fibre.

SWAP THIS...



FOR THIS...



WHY?

Cooking methods are important. Fried food generally have much more saturated fats than baked food.

SWAP THIS...



FOR THIS...



WHY?

Wholemeal and grain bread contains more fibre and protein than white bread.

SWAP THIS...



FOR THIS...



WHY?

Cooking methods are important. Fried food generally has much more saturated fats than grilled. Trimmed meats also have less saturated fat!

SWAP THIS...



FOR THIS...



WHY?

Popcorn has less fat than chips. However, avoid adding butter and salt when cooking popcorn.

SWAP THIS...



FOR THIS...



WHY?

Ice cream is high in sugar and fat. Try switching to yoghurt and add fruit to it – you can also heat up berries in a pan as a healthier option for sauce on your yoghurt.

SWAP THIS...



FOR THIS...



WHY?

Soft drinks and energy drinks are very high in sugar. Try drinking soda water with mint and fresh lime or sliced fruit.

SWAP THIS...



FOR THIS...



WHY?

Instead of purchasing salad dressing at the store, try making your own at home. Balsamic vinegar and olive oil is a great dressing.

SWAP THIS...



FOR THIS...



WHY?

Always try to consume fresh fruits rather than dried, as some dried fruits are high in sugar and salt.

NICE. EASY. SIMPLE. TIPS

