



SWAP

Looking to lose weight or eat healthier? Choosing healthier foods can be made easy by changing just a few eating habits that can make a big difference to your diet.

Try the following every day small changes when you have your next meal, drink or snack:

	SWAP THIS	FOR THIS
B R E A K F A S T	a sugar-coated breakfast cereal	whole grain alternative such as porridge or shredded wheat cereal with no added sugar
	a spoonful of sugar on your breakfast cereal	a topping of fresh or dried fruit
	whole milk wherever possible	semi-skimmed or skimmed milk
	full-fat yogurt	lower-fat yogurt (but keep an eye the sugar content)
	sugar in tea and coffee	Stevia alternative
	white bread	whole grain bread
L U N C H	butter and cheese in your baked potato	reduced fat alternatives
	full fat mayo	reduced fat alternative
	tuna melt Panini	tuna salad sandwich
	white buns, pitas, bagels and muffins	whole grain varieties
	Baked beans	reduced salt and sugar baked beans
	creamy salad dressings	vinegar based dressings
	salty deli meats	baked turkey or chicken



D I N N E R	SWAP THIS	FOR THIS
	creamy or cheesy sauces on pasta, meat and fish	tomato based sauces
	streaky bacon	leaner cuts of meat such as back bacon
	red meat	fish or tofu
	chips	baked potato
	mashed potato made with butter and whole milk	mash with low-fat spread and lower-fat milk
	frying pan	grill
	white rice	brown rice or quinoa (say keen - wa)
	white pasta	whole wheat pasta

D R I N K S	SWAP THIS	FOR THIS
	"full fat" fizzy drink	diet alternatives, or even better, water!
	squash	squash with no added sugars.
tea filled with milk and sugar	black, green or redbush tea	

S N A C K S	SWAP THIS	FOR THIS
	savoury treats	vegetable sticks and hummus
	salted nuts	unsalted nuts
	sweet or salted popcorn	plain popcorn
	packet of crisps	rice cakes
	yogurt coated raisins	Plain raisins
	sweets	fresh fruit
	full fat cheese.	lower fat alternatives

Making small changes to your diet is the healthiest and most achievable way to lose weight. Research shows that taking baby steps (and not giant leaps) is the best way to get lasting results. This is because it is easier to focus on a couple of small changes at a time, rather than trying the all-or-nothing approach which can be hard to follow. Overtime, these small changes can add up to a big lifestyle change.

