

The A-Z of simple food and drink swaps

Alcoholic beverages	→ Soda and lime, mocktails, wine spritzer (add mineral water) or mid-strength beer	
Butter or margarine	→ Avocado or low fat ricotta	
Cream	→ Whipped ricotta, low-fat/low-sugar yoghurt	
Desserts	→ Make a healthier dessert choice e.g. baked fruit crumble, apricot strudel, carrot or banana loaf	
Eggs benedict or bacon and eggs	→ Poached eggs with mushrooms, tomato, avocado and wholemeal toast	
Fats and oils	→ Chose unsaturated fats and oils such as olive oil, avocado and omega 3 fats found in fish	
Grains – white varieties	→ Wholemeal, wholegrain, spelt, rye or almond meal	
Ham & cheese toasty	→ Multigrain toasty with either chicken, avocado, tomato, cheese or salmon	
Ice-cream	→ Bowl of fresh fruit & low fat/low sugar yoghurt or frozen yogurt	
Juice	→ 100% fruit varieties or freshly squeezed	
Ketchups and sauces	→ Herbs and spices	
Large coffee	→ Small coffee with low fat milk and limit added sugars	
Mueslis and cereals	→ Untoasted muesli or plain oats	

The A-Z of simple food and drink swaps

Nibbles - e.g. salted savory snacks	→	Vegetable sticks and dip or wholegrain crackers and salsa	→	
Oils and creamy dressings	→	Freshly squeezed lemon or lime	→	
Packaged foods - e.g. chips and snack bars	→	Fresh fruits and vegetables or boiled eggs	→	
Quick meals	→	Stir-fry, burritos, fish and salad or fried rice using pre-chopped fresh vegetables	→	
Red and processed meats	→	Lean red meat, chicken, fish, pork or legumes	→	
Soft drinks	→	Mineral water with chopped fruit	→	
Takeaway foods	→	Homemade pizza, burgers or curry	→	
Unhealthy snacking e.g. salted chips, sweet muffins or chocolates	→	Cup of tea, unsalted nuts or fresh fruit	→	
Vegetables fried	→	Steam, boil, microwave or grill	→	
White sauce	→	Tomato based sauce	→	
XL portion size	→	Smaller portion sizes Fill ½ your plate with vegetables, ¼ wholegrain rice, pasta or bread and ¼ lean protein	→	
Yogurt (flavoured)	→	Natural or Greek yoghurt with fresh fruit or teaspoon of honey	→	
Zero time -	→	Look for healthy on the go options such as a fresh sandwich or wrap, sushi or quiche	→	