



























The A-Z of simple food and drink swaps

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|---------------------------------|---|--|---|---|
| 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 | → |  |

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|---|---|---|
| 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 |  |