

FINISH WITH THE RIGHT STUFF



HEALTHY SWAPS

Soft drinks



Water (tap, bottled)

Potato chips



Plain, air popped popcorn or wholegrain crackers

Lollies/confectionary



Fruit - fresh, frozen or tinned in natural juice

Ice-cream



Frozen low-fat yoghurt or custard

Cakes and muffins



Raisin bread or un-iced buns

Sausage sandwich



Lean steak sandwich with tomato and onion





HEALTHY INGREDIENT SWAPS

An easy way to make sure you have more healthy options is to use them in your cooking. Here are some easy swaps

Sour cream



Yoghurt

Puff pastry



Filo pastry

Full fat dairy



Reduced fat dairy

Chocolate chips



Chopped fruit

White flour



Wholemeal flour

Tips:

- Use small amounts of spreads and margarine instead of butter
- Bake or BBQ instead of frying
- Look for ways to add extra veggies into meals or recipes

