



Snack and pudding swaps

Whether it's fighting the after-school tummy rumbles or rounding off dinner with a tasty pud, sugar is the main watch-out here.

But even if they don't taste of it, some of these snack foods can contain a lot more salt (and fat) than you might realise too!



Swap from

- ✗ Biscuits
- ✗ Chocolate
- ✗ Cake bars
- ✗ Chocolate pudding pots
- ✗ Doughnuts
- ✗ Muffins
- ✗ Crisps
- ✗ Salted peanuts
- ✗ Split-pot and higher-sugar yoghurts



Swap to

- ✓ A slice of malt loaf or fruited teacake
- ✓ Fresh or tinned fruit (in juice, not syrup) or fruit salad
- ✓ A scotch pancake or crumpet
- ✓ Sugar-free jelly or lower-sugar custard
- ✓ Crackers topped with lower-fat cheese
- ✓ Bread or toast with lower-fat spread
- ✓ A bagel topped with sliced banana
- ✓ Plain popcorn or rice cakes
- ✓ Unsalted mixed nuts
- ✓ Chopped veg with lower-fat hummus
- ✓ Lower-sugar yoghurts or lower-sugar rice pudding

Lunchbox and lunchtime swaps

When lunchtime rolls around, it's easy to eat more sugar or salt than we might realise.



Swap from

- ✗ Split pot yoghurts and pudding pots
- ✗ Cake bars and cereal bars
- ✗ Muffins and chocolate
- ✗ Crisps
- ✗ Juice pouches and fizzy drinks
- ✗ Tinned soup
- ✗ Ham and cheese sandwiches



Swap to

- ✓ Lower-sugar fromage frais or plain natural yoghurt
- ✓ Sugar-free jelly
- ✓ A slice of malt loaf or a fruited teacake
- ✓ Fresh or tinned fruit (in juice, not syrup)
- ✓ Plain popcorn, plain rice cakes or raisins
- ✓ No-added-sugar juice drinks, or water with berries and chopped fruit
- ✓ Homemade [spiced chicken and vegetable soup](#) or [harvest vegetable soup](#)
- ✓ Our delicious [beefed up sarnies](#)

Make a swap when you shop

When it comes to cutting back on sugar, salt and saturated fat, here are a few quick tips and tricks you can try when you're next in the supermarket or shopping online to help you make healthier choices.

Drink swaps

A quarter of the sugar kids have every day comes from sugary drinks – help them cut back by making these easy swaps, and remember to keep juice drinks to mealtimes only to help prevent tooth decay.



Swap from

- ✗ Cola and other fizzy drinks
- ✗ Juice drinks
- ✗ Milkshakes
- ✗ Whole milk



Swap to

- ✓ Water
- ✓ Sugar-free drinks
- ✓ No-added-sugar drinks
- ✓ Lower-fat milks

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