

HEALTHY FOOD SWAPS




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HEALTHY FOOD SWAPS

Small decisions around food choices can make a big difference to your health in the long term. Healthy food swaps are simple changes you can make to your diet to replace less healthy food with more nutritious food.

Whether you're trying to lose weight, reduce your blood pressure or cholesterol, or just eat more healthily, food swaps can help to support your health goals.

Currently, the snacks most people go for are far too high in sugar, salt and saturated fat. Over time eating too many of these snacks can affect our health.



We need to try and swap foods like sweets, biscuits, cakes, crisps and sugary drinks for healthier options such as fruit, veg and sugar-free drinks

It's also important to think about how big our snacks are and when we have them.

If we allow ourselves and our kids to snack throughout the day, we'll never truly know when we're hungry, which can be really important for maintaining a healthy weight.

Try to think about this when you're packing your kid's school bag or lunchbox for the day – playtime or after-lunch snacks shouldn't be so filling or plentiful that they're not hungry for their next meal. So it's a good idea to stick to fruit and/or vegetable sticks.

Making a few small changes to what you eat and drink is a simple way to help you along your weight loss journey. Changing just a few eating habits can make a big difference overall.

Breakfast.

Eating a healthy breakfast is a great way to start the day and can help to reduce the temptation to snack on unhealthy foods between meals.

- Swap whole milk for semi-skimmed, 1% fat or skimmed milk
- Choose wholegrain cereals such as porridge or shredded wholegrain wheat cereals with no added sugar instead of sugar-coated breakfast cereals
- Rather than sprinkling sugar on your cereal, add a topping of fresh fruit or a small portion of dried fruit – it will count towards your 5-A-Day too!
- Swap full-fat yoghurt for lower-fat or fat-free yoghurt



Swap from

- ✗ Chocolate cereal
- ✗ Frosted flakes
- ✗ Honey crunch cereal
- ✗ Croissants
- ✗ Cereal bars



Swap to

- ✓ Wheat biscuit cereal
- ✓ Shredded wholegrain cereal
- ✓ No-added-sugar muesli
- ✓ Porridge
- ✓ Wholemeal toast
- ✓ Plain natural yoghurt topped with chopped fruit

Lunch

That pre-packed sandwich you occasionally have from the shop or canteen at lunchtime is likely to be really high in fat & salt. Squeezing lunch into a busy day can lead to less healthy choices, so try planning ahead and make your lunch the night before to take to work with you.

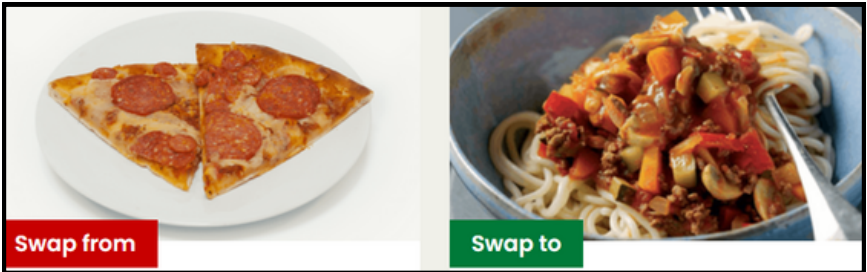
- *Swap white breads, bagels and muffins for wholegrain varieties – wholegrain bread will help you feel fuller for longer too!*
- *Choose healthier fillings – try swapping a tuna melt panini for a tuna salad sandwich on wholemeal bread with low fat mayo*
- *Spreads and toppings can add lots of calories, so swap butter and cheese in your baked potato for a reduced-fat spread*
- *Take a piece of fruit to have with your lunch, rather than a bag of crisps or a chocolate bar*
- *Dinner - healthy home cooked meals are a great way to keep your weight loss goals on track. We have over 300,000 thousand meals on the Get Fit Today App to choose from.*

Dinner

Aim to eat three main meals every day, as this should help stop you from feeling too hungry and snacking between meals. Base your meals around starchy carbohydrates, and always include at least one portion of fruit or vegetables with your meals, choosing from fresh, frozen or tinned options.

Starchy carbs like potatoes, bread, rice and pasta are a cheap way to fill up at meal times, particularly higher-fibre wholegrain varieties. Dry foods like pasta and rice last for a long time in your cupboard, so watch out for good deals on bigger packs.

Remember, plain frozen or tinned fruits and vegetables still count towards your 5-a-day and are just as good as fresh. They also cost less, and they last much longer in your cupboard or freezer.



Suggestions:

- Swap a canned drink for a diet version and save around 6tsp sugar.
- Cut back on fat by choosing baked crisps as a healthier alternative to fried.
- Choose a two-finger chocolate wafer biscuit, rather than a standard chocolate bar, and save on both fat and calories.
- Try a ham salad sandwich instead of a club sandwich to save 135Kcal and 16g of fat. Make your own and cut out even more fat by using less spread.
- Pop a variety of breads in the freezer so you can vary your lunchtime meals.
- Bulk out wraps, bagels and sandwiches with salad veg. To add crunch, add a few chopped nuts or seeds.
- Pack a few bread sticks, carrot batons, sticks of cucumber, peppers and reduced-fat hummus for a tasty snack. That way you won't be tempted to reach for the office biscuits.
- Fruit is always a good idea for desserts. Try different types to add variety to your lunch. Bring in a few and keep on your desk to help you meet your five a day.

Snacks

We know it can be difficult to know what to do when it comes to snacks, so we have lots of tips and advice to help you make and buy healthier options.

Fruit and veg snacks are always the best choice, but if the kids are having packaged snacks, just remember to aim for 2 a day max. If you have three balanced meals, you shouldn't need to snack. If hunger strikes and you really can't wait till your next meal, here are some healthy snack options:

- *Whole pieces of fruit e.g. apples, bananas, oranges, tangerines.*
- *A small handful of plain unsalted nuts.*
- *Cherry tomatoes.*
- *Chopped up fruit.*
- *Frozen grapes.*
- *Corn on the cob.*
- *Toast with lower fat spread or reduced sugar jam.*
- *Toasted bread muffin or crumpet with mashed banana.*
- *Low sugar wholemeal/grain cereals such as wheat biscuits with milk.*
- *Crackers with a thin layer of reduced fat cheese spread.*
- *Porridge, a quicker snack than you think!*



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

Snacks can be a delicious and healthy option to keep you fuelled and satisfied during the day, but they can also be quite sneaky sources of added sugar and artificial ingredients.

These smart swaps help to amp up the fibre, protein and nutritional value of your favourite bites and minimise any unnecessary sweeteners or junk to help avoid that dreaded sugar crash

Summary

Making healthy swaps for everyday foods and beverages can be simple and delicious. Plus, reducing your intake of foods that are high in calories and low in nutrients by eating more whole foods can significantly improve your overall health

If you're eating a healthy and balanced diet, you're half way there, but building activity into your daily routine is important too.

Daily activity keeps your heart healthy, reduces your risk of serious illness and strengthens muscles and bones. Many people can be overwhelmed by the thought of exercise, but it needn't be a burden on your daily life.

By making simple swaps to your current daily routine, like walking to work or doing the school run by foot, you'll soon notice the difference in your fitness levels

