

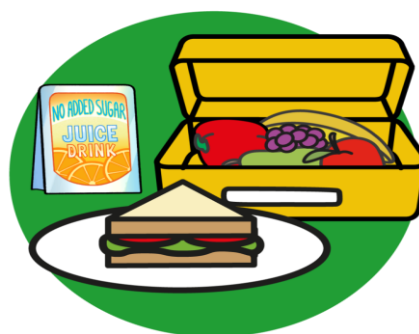
change 4 life

Sugar swaps for kids

Help your child cut back with great sugar swap ideas and discover easy ways to make a swap when you next shop - Visit the Change4life website for more information

Make a lunchbox swap

Get them involved



Variety is the spice of lunchboxes!

Be adventurous and get creative to mix up what goes in their lunchbox.

Yoghurt swaps

Swap from:

split pot yoghurts
higher-sugar yoghurts

Swap to:

lower-sugar fromage
frais pots
lower-sugar yoghurts
plain natural yoghurt

Pudding swaps

Swap from:

cake bars
chocolate pudding pots
doughnuts
muffins

Swap to:

sugar-free jelly
lower-sugar yoghurt
fresh or tinned fruit (in
juice)
lower-sugar rice pudding
lower-sugar custard

Snack Swaps

Swap from:

chocolate bars
biscuits
doughnuts
muffins
other sugary snacks

Swap to:

a slice of malt loaf
a scotch pancake
a crumpet
crackers and lower-fat
cheese
plain rice cakes
fresh or tinned fruit
salad
chopped veg and lower-
fat hummus
a lower-fat, lower-sugar
yoghurt
sugar-free jelly
bread or toast

Lunchbox tips

Keep them fuller for longer – Base the lunchbox on foods like bread, rice, pasta and potatoes. Choose wholegrain where you can.

Mix your slices – If your child doesn't like wholegrain, try making a sandwich from one slice of white bread and one slice of wholemeal/brown bread.



DIY lunches – Wraps and pots of fillings can be more exciting for kids when they get to put them together. Dipping foods are also fun and make a change from a sandwich each day.



Less spread

Cut down on the spread used and try to avoid using mayonnaise in sandwiches.

Cut back on fat

Pick lower fat sandwich fillings, such as lean meats (including chicken or turkey), fish (such as tuna or salmon), reduced-fat cream cheese, and reduced-fat hard cheese.



Ever green

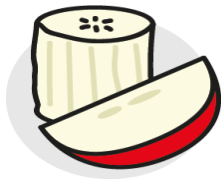
Always add salad to sandwiches – it all counts towards your child's 5 A DAY.



Always add veg - Cherry tomatoes, or sticks of carrot, cucumber, celery and peppers all count towards their 5 A DAY. Adding a small pot of reduced-fat hummus or other dips may help with getting kids to eat vegetables.



Cut down on crisps - If your child really likes their crisps try reducing the number of times you include them in their lunchbox and swap for homemade plain popcorn or plain rice cakes instead.



Add bite-size fruit - Try chopped apple, peeled satsuma segments, strawberries, blueberries, halved grapes or melon slices to make it easier for them to eat. Add a squeeze of lemon juice to stop it from going brown.



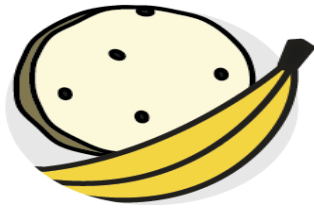
Tinned fruit counts - A small pot of tinned fruit in juice – not syrup – is perfect for their lunchbox and is easily stored in the cupboard.

Swap the fruit bars

Dried fruit such as raisins, sultanas and dried apricots are not only cheaper than processed fruit bars and snacks but can be healthier too. Remember to keep dried fruit to mealtimes as it can be bad for your child's teeth.

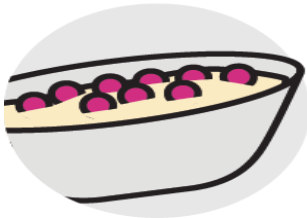
Watch the teeth!

Dried fruit counts towards your 5 A Day, but can stick to teeth so should only be eaten at mealtimes to reduce the risk of tooth decay.



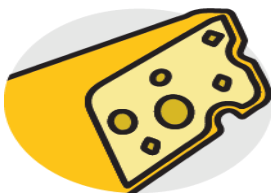
Swap the sweets

Swap cakes, chocolate, cereal bars and biscuits for malt loaf, fruited teacakes, fruit breads or fruit (fresh, dried or tinned – in juice not syrup).



Go low fat and lower sugar

Go for low-fat and lower sugar yoghurt or fromage frais and add your own fruit.



Check your cheese

Cheese can be high in fat and salt so choose stronger-tasting ones – and use less of it – or try reduced-fat varieties of cheese.