

# FOOD SWAPS

MAKING SMALL CHANGES TO WHAT YOU EAT CAN ADD UP TO A  
**BIG DIFFERENCE**

**6 SIMPLE SAVOURY SWAPS TO TRY OUT...**

**WHITE BREAD,  
PASTA, RICE**



**WHOLEGRAIN  
VERSIONS**

(Wholegrain are high in fibre  
which helps fill you up)

**CRISPS**



**CARROT  
STICKS**

(Still gives you a satisfying crunch)

**CHEESE AND  
CRACKERS**



**CHEESE AND  
APPLE**

(A good way to one of your  
5-a-day with less salt)

**SLICED  
BREAD**



**WHOLEWHEAT  
WRAP**

(Put sandwich fillings on one wholewheat  
wrap, instead of two slices of bread)

**OVEN  
CHIPS**



**BAKED SWEET  
POTATO WEDGES**

(This tasty alternative will still fill  
you up but is one of your 5-a-day)

**HUMMUS  
AND PITTA**



**LOW FAT HUMMUS  
AND RED  
PEPPER STICKS**

(Reduce the fat and get  
one of your 5-a-day)

