

# FOOD SWAPS

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

— BE —  
PORTION  
**SIZE**  
— WISE —

## 6 SIMPLE SWEET SWAPS TO TRY OUT...

**SUGARY  
BREAKFAST  
CEREALS**



**PORRIDGE**

(Slow-release energy that will keep you feeling full for longer without the sugar rush)

**ICE CREAM**



**FROZEN  
YOGURT**

(Lower calories but still a sweet, chilly treat)

**MILK  
CHOCOLATE**



**DARK  
CHOCOLATE**

(It's richer in flavour so you won't need as much)

**SWEETS**



**DRIED  
FRUIT**

(Raisins and other dried fruit will satisfy your craving for something sweet and chewy)

**BLUEBERRY  
MUFFIN**



**FRUIT  
SCONE**

(Still fruity but less calories)

**CHOCOLATE  
BROWNIE**



**CHOCOLATE  
FLAVOURED  
RICE CAKE**

(Beat the mid morning munchies)

