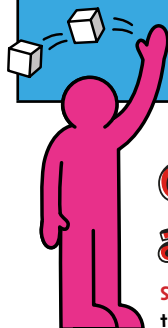


**We're having too
much sugar
throughout the day.**

**Here's how you can help
your family cut down.**

Your at-a-glance guide to sugar swaps

Swaps	Things to swap from:	Things to swap to:
Breakfast swap	<ul style="list-style-type: none"> • Sugary cereals 	<ul style="list-style-type: none"> • Plain porridge • Plain wholewheat biscuits • Plain shredded whole grain
Drinks swap	<ul style="list-style-type: none"> • Fizzy drinks • Sugary drinks • Sugary squash 	<ul style="list-style-type: none"> • Water • No-added-sugar drinks • Sugar-free drinks • Lower-fat milks • Diet drinks
After school snack swap	<ul style="list-style-type: none"> • Muffins • Cakes • Croissants or pastries • Biscuits • Chocolate bars • Cereal bars • Sugary breakfast cereal • Puddings • Sweets 	<ul style="list-style-type: none"> • Fruit, fresh and tinned (in juice not syrup) • Cut up vegetables such as carrot or cucumber sticks • Plain rice cakes • Toast or bagel with spread such as low fat spreads and reduced fat hummus • Wholewheat biscuits and shredded whole grain cereals • Plain unsalted nuts • Fresh or tinned fruit salad (not in syrup) • Fruited teacake
Pudding swap	<ul style="list-style-type: none"> • Chilled desserts • Cakes • Ice cream • Puddings • Yogurt 	<ul style="list-style-type: none"> • Fruit, fresh and tinned (in juice not syrup) • Fresh or tinned fruit salad (not in syrup) • Sugar-free jelly • Low-fat, lower-sugar yogurt



Quick. I need a sugar swap!

Search [Change4Life](#) for loads more tips on healthier snacking

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4 life