

Food swap!

Activity

Did you know?

- Too much sugar, salt, and some kinds of fat can affect your health and lead to serious diseases and bad health conditions as you get older.
- Sugary food is good for a quick energy boost, but it doesn't last long. You soon want more.
- Kids need about 30% of their calories to come from fat for their brains and nervous system to develop healthily.
- Some fatty foods are far worse for you than others.
- Most salt we eat has already been put in food before we buy it.
- You can't always taste the salt in your food – it's in lots of cakes and biscuits, for example.
- Often when you think you're tired or hungry, you're actually just thirsty.

Food swap!

Take a look at the list of foods and snacks overleaf. These things are ok to eat and drink occasionally or as a treat, but if you eat any of them regularly, then think about changing your eating habits and swapping them for something else.

Choose two or three types of food that you eat regularly from column one that you could swap for the healthier option in column two.

Draw a circle round your swap choices.

In the third column, give yourself a reason why you're going to swap.

P.S. There's more help with healthy eating in the Start Bouncing section of the Bounce Back website: www.bouncebacknewham.co.uk

Food swap!

Activity

I'm going to swap...	For...	Because...
Sugary drinks (eg. cola and flavoured juice)	Water, no added sugar fruit juice or semi-skimmed milk	
Sugary breakfast cereals	Fresh fruit and wholemeal toast or porridge	
Sugary yoghurt, trifle, mousse	Natural yoghurt with fruit	
Biscuits and chocolate snacks	Rice cakes with cheese, marmite or natural peanut butter, fruit and nuts.	
Cakes, muffins and pastries	Fruity bread buns or dried fruit	
Sausages or burgers	Veggie sausages or low fat meatballs	
Ice cream	Fruity frozen yoghurt or sorbet with no added sugar	
Crisps	Dried fruit or unsalted nuts	
Sliced white bread cheese or ham sandwiches	Wholemeal bread sandwiches with fresh salad	
Pizza	Pitta bread snack with fresh veg and hummus	
Canned soup	Fresh or homemade soup, easy on the salt	
Salt and soy sauce	Herbs and spices	