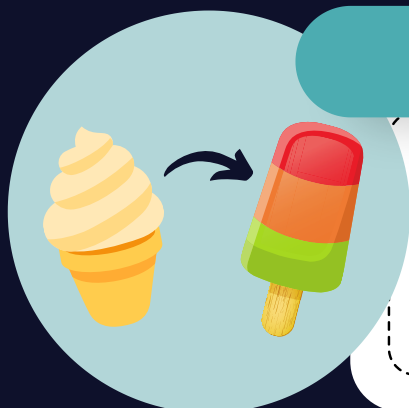


# Sensible Swaps

## What are Sensible Swaps?



Sensible swaps are simply swapping some of the foods and/or drinks you currently consume for similar products that are lower in calories, sugar, salt and/or fat!

## Why should I make Sensible Swaps?

Sensible swaps are a great way to start making healthier choices as they can help us to be more mindful of how the calories, sugar, salt and fat we are consuming.



## How many swaps should I make?

Just 1 or 2 sensible swaps can make a big difference but the more swaps we make the bigger the impact it has.

## Sensible Swap Examples

- Swap full size chocolate bars for fun size bars
- Swap ketchup for reduced sugar and salt varieties
- Swap full fat mayonnaise for low fat alternatives
- Swap ice cream for an ice lolly
- Swap baked beans for no added sugar varieties

