

Swap
WHEN YOU
COOK

Swap
WHEN YOU
SHOP

Swap
WHEN YOU
SNACK



Swap Well to Eat Well

Swap for

Jam → Mashed banana on toast or stirred into low-fat yoghurt

Sugar on cereal → Fresh, canned, dried, or frozen berries

Crisps and dip → Carrot, cucumber or celery sticks with hummus

Vegetable curry → Spicy stir-fried vegetables cooked with a small amount of oil, instead of ghee-based vegetable curries

Chips → Home made oven-baked potato, sweet potato, or celeriac wedges

Butter → Low-fat spread or any made with mono-unsaturated fat. You can also use reduced fat cream cheese instead of butter in sandwiches

Cheese → Reduced-fat version of your favourite cheese. Try using cottage cheese on baked potatoes and in sandwiches, there are lots of flavours available

Fried eggs → Scrambled, boiled, poached egg or egg bhurji the Indian version of scrambled eggs

Split-pot yoghurt/
rassomalai → Fat-free Greek or natural yoghurt with a handful of fresh or dried fruit

Full fat milk → Semi-skimmed or skimmed milk. Semi skimmed is only suitable for children 2 years + and skimmed for children 5 years +

White pitta bread → Wholemeal pittas – a great swap that will help you feel fuller for longer. Try as a pizza base – just add your favourite toppings and grill

White bread → Wholemeal bread – tastes great and will help you feel fuller for longer



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Good for your body - Good for your mind



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snack



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Swap for

Biscuits & cake bars



Malt loaf



Streaky bacon



Grilled back bacon with the fat trimmed off

Burgers, kebabs, sausages



Lean meats like chicken and turkey



Battered fish



Fish fillet coated in homemade breadcrumbs or crushed cream-crackers!

Sausages



Vegetarian sausages, grilled or oven-baked (check they are reduced fat and low salt)

Ghee and butter



Sunflower, rapeseed or olive oil



Sugary cereals



Weetabix, natural muesli, shredded wheat or porridge, sweeten with berries or dried fruit

White flour



Wholewheat flour is just as good for cooking. Try making dry roasted methi paratha instead of aloo paratha



Naan and paratha



Oats cheela - you could also add dry fried vegetables

Rice



Mung beans. You can also use mung beans in khichidi to bulk out casseroles and soups



Minced beef



Tinned beans, pulses and lentils. Use in curries and soups or to replace half the mince in chilli or bolognaise



Crisps



Popcorn – make your own or buy plain. Sprinkle with cinnamon, paprika, chilli powder, pepper



Roasted peanuts



A small handful of unsalted almonds, cashews, brazils, walnuts, peanuts and pistachios (be aware of nut allergies)

Sweets/gulab jamun/halva



Sugar free jelly

Biscuits



Crispbreads, oat cakes, rice cakes – spread with a little pure peanut, cashew or almond butter and top with fruit (be aware of nut allergies)



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