

**Swap**  
WHEN YOU **COOK**

**Swap**  
WHEN YOU **SHOP**

**Swap**  
WHEN YOU **SNACK**



# Eating Well: Snacks & Treats

Eating well doesn't mean you can't have a treat. Try these simple (and tasty) treat swaps.

## Movie night popcorn

Instead of reaching for crisps and dips, try making your own popcorn, it's easy to make and the kids will have fun hearing it popping! Plus, it's a great source of fibre, so you'll feel fuller for longer. Only suitable for adults to make children must be supervised due to hot oil.



### Here's what you'll need:

20g popping corn

1 tablespoon of vegetable oil

Chilli powder, paprika or your favourite spice mix for savoury flavours or cinnamon or pure cocoa powder for sweet

A large pan with a lid

### Here's how to make it:

Add 1 tablespoon of oil into the pan and heat.

Add 20g corn kernels into the hot oil and put on the lid.

After a few minutes you'll start to hear the loud popping noises.

When you hear 2 to 3 seconds pause between pops, turn off the heat and it should be safe to remove the lid.

Be careful of the steam as you tip the popcorn into a bowl or paper bag.

Some kernels may not pop, just leave these to one side. Don't add time onto cooking as this could cause the rest of the popcorn to burn.

Sprinkle your chosen topping over the popcorn and enjoy!

## Super simple ice cream

A scoop or two of ice cream goes down a treat. This low-fat recipe has just one ingredient and is so easy to make.

### Here's how to make it:

Peel and slice 4 bananas then freeze for at least 2 hours

Blend in a food processor until smooth. If you don't have a blender you can use a fork and mash it until smooth.

Scoop into bowls and if you like add a handful of frozen fruit

## Crunchy bites

These crunchy bites are a great snack swap instead of mid-afternoon biscuits or crisps.

### Here's how to make it:

Take 2 rice cakes or a packet of plain mini rice cakes

Add a tasty topping of your choice: a thin layer of reduced-fat soft cheese or peanut butter, banana slices, mashed avocado and chilli flakes, a slice of wafer ham or a sliced boiled egg. Tuck in and enjoy!



## Chocolate dipped fruit

Special occasion? Birthday tea? Fruit dipped in dark chocolate is a fun way to finish off a meal with a little shared treat.

### Here's how to make it:

Cut some of your favourite fruits; strawberries, satsuma segments, bananas, apples, grapes - into chunks and thread onto wooden BBQ skewers

Put 50g of dark chocolate in a bowl and microwave on a low heat. Once melted start dipping!



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Good for your body - Good for your mind



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# Eating Well: Swap Your Pop!

## Swap YOUR Pop!

You can add fruit and herbs to water - try: cucumber, mint or strawberries.



Children 4-13 years should drink 6-8 glasses of fluids every day



### Why should we drink water?

- Water saves us money - it's free!
- Drinking water can help beat tiredness and improve our sleep. It improves brain power and concentration
- Sugary (or fizzy) drinks are bad for our teeth, choose water instead
- Water has zero calories and it's sugar free
- Water helps us to keep cool and comfortable when it's hot. It replace fluids lost from sweating when we exercise
- Drinking water improves our skin and makes hair and nails grow more too

### Water (the wonder drink) keeps us healthy!

- Keeps our hearts healthy and our blood flowing  
Helps our kidneys to work well
- Helps our lungs function better
- Improves our digestive health
- Improves memory and mood



Download the Refill App to find places where you can refill your bottle with water for free:

[www.refill.org.uk](http://www.refill.org.uk)

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