

SIMPLE SWAPS

For Better Health

*You don't have to be perfect.
Just swap smarter.*

Replacing ultra-processed foods with simpler, minimally processed options can improve nutrition, energy and long-term health without giving up taste or convenience.

Try one or two swaps a day.

EASY EVERYDAY SWAPS

BREAKFAST



SUGARY CEREAL



PORRIDGE WITH FRUIT AND NUTS



SWEETENED YOGHURT



PLAIN YOGHURT AND FRESH FRUIT

LUNCH



PROCESSED SANDWICH FILLINGS (SAUSAGES, SPREADS)



EGGS, TUNA, BEANS, LEFTOVER CHICKEN



CRISPS



UNSALTED NUTS, POPCORN, FRUIT, VEGETABLE STICKS

DINNER



READY MEALS



SIMPLE HOME-COOKED MEALS (STIR-FRY, JACKET POTATO, PASTA WITH VEGETABLES)

DRINKS & SNACKS



FIZZY DRINKS / ENERGY DRINKS



WATER, PLAIN MILK, OR UNSWEETENED TEA



CHOCOLATE BARS



FRUIT, YOGHURT, OR TOAST WITH NUT BUTTER

Smart Shopping Tips

- Choose foods with short ingredient lists
- Aim for foods close to their natural form
- Cook once, eat twice (save leftovers)
- Don't shop hungry
- Keep healthy snacks visible and easily accessible at home

CALL TO ACTION

START WITH **ONE SWAP TODAY**. SMALL STEPS BUILD BIG HEALTH BENEFITS.



**BIDLIT ŻĠGAR
REBHĠET
KBAR**

KUL GHAL SAHTEK