

ULTRA- PROCESSED FOODS

Breakfast Swap Suggestion

SWAP FROM THIS



TO THIS!

SMALL CHANGES CAN
LEAD TO **BIG HEALTH WINS!**



BIDLIT ŻĠĦAR
REBHIET
KBAR

KUL GĦAL SAFFTEK



GOVERNMENT OF MALTA
MINISTRY FOR HEALTH
AND ACTIVE AGEING



Health Promotion & Disease
Prevention Directorate

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Breakfast Swap Suggestions



CHOCOLATE
/FROSTED
/SUGARY
/HONEY CEREAL



WHOLE PORRIDGE
OATS +
SEMI-SKIMMED OR
SKIMMED MILK +
FRESH FRUIT +
UNSALTED NUTS



CROISSANTS



WHOLEMEAL
TOAST
+ BOILED EGG



CEREAL BARS



PLAIN
UNSWEETENED
YOGHURT WITH
FRESH OR FROZEN
FRUIT



SWEETENED
DESERT
PUDDING



CHIA PUDDING



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Lunchtime
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Lunchtime Swap Suggestions



HAM AND CHEESE SANDWICH



HUMMUS, MOZZARELLA AND VEGETABLE WHOLEMEAL SANDWICHES OR WRAPS



TINNED SOUP



HOMEMADE CHICKEN AND VEGETABLE SOUP



FRUIT-FLAVOURED YOGHURT



PLAIN YOGHURT WITH CHOPPED FRUIT



FRUIT JUICES OR SOFT DRINKS



INFUSED WATER WITH CHOPPED FRUIT, HERBS, SPICES, CUCUMBER



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Dinner Swap Suggestions



PIZZA WITH PEPPERONI OR OTHER PROCESSED MEAT



PIZZA WITH WHOLEMEAL BASE AND GRILLED VEGETABLES AND SOME MOZZARELLA



CHICKEN NUGGETS



GRILLED FRESH CHICKEN



CHIPS



OVEN-BAKED OR ROASTED POTATOES



SAUSAGES



PASTA BOLOGNESE WITH LEAN BEEF



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Snack or Dessert
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Snack or Dessert Swap Suggestions



DOUGHNUTS



BANANA OR APPLE WITH PEANUT BUTTER

CRISPS



HOMEMADE UNSALTED POPCORN

SALTED NUTS



BEAN DIP WITH VEGETABLE STICKS

CAKE BARS



WHOLEWHEAT CRACKERS WITH RICOTTA CHEESE

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Drink Swap Suggestions



MILKSHAKES



PLAIN MILK

SUGARY SOFT DRINKS



WATER

JUICES



WATER INFUSED WITH FRUIT AND/OR HERBS

FLAVOURED YOGHURT DRINKS/KEFIR



PLAIN YOGHURT DRINKS/KEFIR

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ICE-CREAM



FROZEN YOGHURT BARK
(FROZEN YOGHURT
WITH FRUIT AND NUTS)

BBQ SAUSAGES
AND BURGERS



BBQ CHICKEN
AND FISH

PLATTERS WITH
PROCESSED MEATS
AND CHEESES



PLATTERS WITH
BEAN DIPS AND
VEGETABLE STICKS

SUGARY
DRINKS



WATER INFUSED
WITH FRUIT AND/OR
HERBS

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