

# What would you swap...

...to get your 5 fruit and veg a day?



Eating at least 5 portions of fruit and veg every day is good for our health, as we all know. And it's easy – if you know a few tricks. To get your 5 A DAY, which of these swaps could you make?

- Swap your usual breakfast for cereal or porridge with a handful of berries or a chopped banana.
- Swap chips or potatoes (which don't count) for veg or salad (which do).
- Swap a fizzy drink for 100% unsweetened fruit juice – 1 glass a day counts towards your 5.

change  
4 life

Eat well Move more Live longer

# What would you swap...

...to avoid that energy slump after a snack?

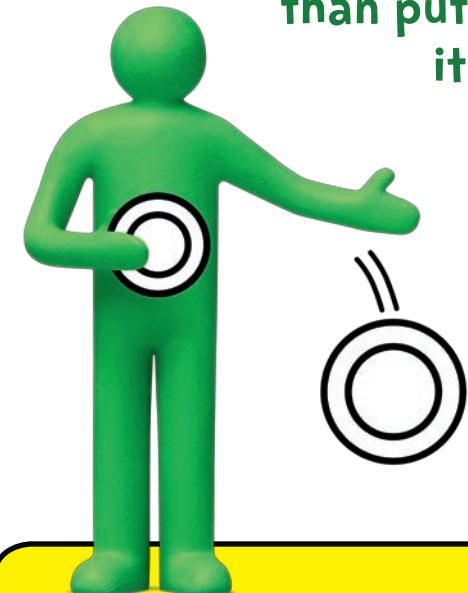


Snacks that are high in added sugar can give you a quick burst of energy, but you soon feel sluggish and hungry again. To help you keep going longer, which of these swaps could you make?

- Swap a pastry or doughnut for pitta bread fingers with lower fat hummus or salsa.
- Swap biscuits for rice cakes with reduced fat cheese spread.
- Swap a chocolate bar or sweets for a handful of dried fruit, like raisins, cranberries or apricots.

# What would you swap...

...to start losing weight rather than putting it on?



Portion sizes have got bigger over the years, so it's easy to accidentally eat more than you need – and put on weight as a result. To help turn things around, which of these swaps could you make?

- Swap a large portion of chips for a smaller portion with some veg.
- Swap a large plate for a smaller one to help you stick to smaller portions.
- Swap eating crisps straight from a jumbo bag to putting a portion in a bowl and resealing the pack for another day.