



# let's get swapping

## easy smart swap ideas

It's easy to make changes for the whole family.

With Change4Life's Smart Swaps you can cut sugar, fat and calories from your diet by swapping everyday food and drinks for lower-fat or sugar-free alternatives. There's no need to give up on your family favourites - just choose a Smart Swap and start cutting fat and sugar today.

Swapping takeaways for home cooking can save a staggering £800 a year. Try our healthier Smart Recipes app for delicious homemade fish and chips, creamy kormas and speedy pizzas and start saving today!

Make vegetables the main event! They tend to cost less than meat, so swapping more veg into your meals can cut your food bills, as well as cutting back on fat.

Swap salt for herbs, spices or pepper and add flavour to your dish. Try some ginger, basil, coriander or curry powder to spice up your meal.

Why not swap butter in your mash for a low fat spread. It will still be creamy and just as tasty.



## five smart swaps

See how much healthier you and your family can be by making these 5 easy swaps.

See what your family could save over 4 weeks

**POP** → **POP sugar free**  
Saving up to three quarters of a 1kg bag of sugar per family over 4 weeks  
Based on swap to sugar free drinks only

**Whole MILK** → **Semi-skimmed MILK**  
Saving up to a third of a pint of fat per family over 4 weeks

**Sugary Cereal** → **Plain Cereal**  
Saving of 83 sugar cubes per family over 4 weeks

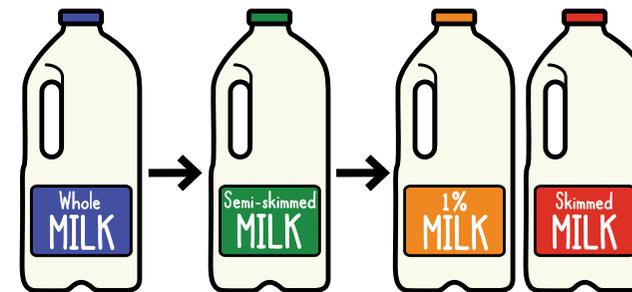
**Full Fat Cheese** → **Reduced Fat Cheese**  
Saving nearly a third of a pint of fat per family over 4 weeks

**Butter** → **LOW FAT SPREAD**  
Saving up to three quarters of a pint of fat per family over 4 weeks

Savings based on average purchases by a sample of families over 4 weeks. Source: Kantar 2013

## swap it don't stop it!

Milk and dairy products, such as cheese and yoghurt, are great sources of protein and calcium. If you are looking to make healthier choices try lower-fat milk and dairy foods.



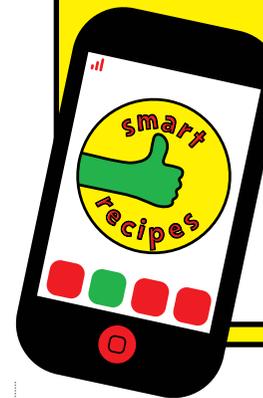
The Government recommends that children under the age of 2 should not restrict their intake of fat.

From 2 years if they are a good eater and growing well, children can move to semi-skimmed milk.

From the age of 5 children can also be served 1% fat or skimmed milk.

### Be calorie smart

Calories are clues to what you should be eating each day. They're also really handy for planning how much to eat and when. Try to aim for 400 calories for breakfast, 600 for lunch and 600 for your evening meal (that includes any drinks and desserts you have with your meal too). That leaves a few for any healthier snacks. A man needs around 2500 calories a day and a woman 2000. Remember kids need me-size meals.



### Smart Recipes app

Get meal ideas on the move to help you make your Smart Swaps, and lots of other fun stuff too. Search Change4Life, or download it now for FREE from the iTunes Store or Google Play.