

FOOD SWAPS

MAKING SMALL CHANGES TO WHAT YOU EAT CAN ADD UP TO A

BIG DIFFERENCE

6 SIMPLE SWEET SWAPS TO TRY OUT....

**SUGARY
BREAKFAST
CEREALS**



PORRIDGE

(Slow-release energy that will keep you feeling full for longer without the sugar rush)

ICE CREAM



**FROZEN
YOGURT**

(Lower calories but still a sweet, chilly treat)

**MILK
CHOCOLATE**



**DARK
CHOCOLATE**

(It's richer in flavour so you won't need as much)

SWEETS



**DRIED
FRUIT**

(Raisins and other dried fruit will satisfy your craving for something sweet and chewy)

**BLUEBERRY
MUFFIN**



**FRUIT
SCONE**

(Still fruity but less calories)

**CHOCOLATE
BROWNIE**



**CHOCOLATE
FLAVOURED
RICE CAKE**

(Beat the mid morning munchies)

**Live Life
BETTER
DERBYSHIRE**

 **DERBYSHIRE**
County Council