



MAKING HEALTHIER CHOICES

If you would like to change what you eat, here are some ideas to try.

HEALTHIER CHOICES	LESS HEALTHY ALTERNATIVES	
TRY TO CHOOSE MOST FOODS FROM THIS GROUP (✓)	GO EASY ON (✓)	TRY TO EAT LESS/AVOID (X)
Water Diet or sugar-free squash	Low cal hot chocolate Fruit juice	Fizzy drinks and squashes - <i>containing sugar</i>
Choose from this list at each meal Non sugar coated breakfast cereals like - <i>Cornflakes, Bran Flakes, porridge, Weetabix, Rice Krispies, Shredded Wheat,</i> Bread, toast, pitta bread, breadsticks, tortilla wraps, chapattis Potatoes - boiled, baked or mashed Pasta, rice, noodles	Low-sugar muesli Crumpets Bread muffins	Sugar coated breakfast cereals - <i>Coco Pops, Sugar Puff, Frosties</i> Garlic Bread Roast potatoes Chips
Lean meat - lamb, pork, beef Poultry - chicken, turkey Uncoated fish like cod, salmon, mackerel Tinned fish in water or brine Beans and pulses like lentils Eggs – boiled, poached or scrambled Quorn, tofu, soya mince	Breaded fish - <i>grilled or baked</i> Hummus	Sausages Burgers Pies and pastries Sausage rolls Bridies Fried or battered fish Tinned fish in oil
Aim for 3 portions of these daily Semi skimmed milk (200mls/ ¹ / ₃ pint) Lower fat cheese (30g/small matchbox size) Low fat/low sugar yoghurt (125g pot)	Low-fat soft cheese Cheese dip snacks Low-fat custard Milk puddings	Full fat milk Full fat cheese Full cream yoghurt
Vegetables - fresh, frozen or tinned Vegetable soup	Creamed soups	Adding butter/oil to vegetables
Fresh fruit Fruit, tinned in natural juice Sugar free jelly Pure fruit spreads	Dried fruit Frozen lollies Scones Teacakes Plain biscuits - <i>Rich Tea, Digestives</i> Reduced sugar jams Peanut butter Plain popcorn	Fruit tinned in syrup Cakes and desserts - <i>cheesecake, ice cream, trifle, sponge cakes</i> Shortbread & flapjacks Biscuits - <i>chocolate or iced</i> Sugar & syrup Honey, jam, marmalade Sweets, chocolate, crisps
Small amounts of: Reduced fat spread & reduced fat mayonnaise		If used – spread thinly Butter & full fat margarine.

MY SAMPLE MEAL PLAN

Fruit and vegetables are important for health - Try to eat 5 portions each day.

	OPTIONS	MY CHOICES
Breakfast	<p>Cereal with semi-skimmed milk or Toast or bread with low fat spread</p> <p>Fruit juice, milk or water</p>	
Snack	<p>Fresh fruit, vegetable sticks, plain biscuit, crackers</p> <p>Sugar free squash or water</p>	
Midday Meal	<p>Toast, baked potato, tortilla wraps, pitta bread, bread sandwich or roll.</p> <p>Suitable fillings: lean meat, fish, eggs, lower fat cheese, reduced fat hummus, baked beans</p>	
Snack	<p>Fresh fruit, vegetable sticks, diet or light yoghurt</p> <p>Reduced or low sugar squash or water</p>	
Evening Meal	<p>Meat, fish, cheese, eggs, beans, pulses</p> <p>Bread, chapattis, rice, potatoes, pasta vegetables, salad</p> <p>Fresh fruit, low sugar pudding, low fat/low sugar yoghurt</p>	
Bedtime Snack	<p>Small bowl cereal with semi-skimmed milk</p> <p>1 slice toast or bread with low fat spread</p> <p>Sugar free squash, milk or water</p>	

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