



Food swaps



- Better breakfast
- Lighter lunches



Better breakfasts



Switch from white bread to wholegrain/seeded bread. It contains more wholegrain and fibre which will keep you fuller for longer



Instead of sugar-laden jam, try using mashed banana, low-fat cream cheese or a nut butter with banana as a topping for toast



Eggs are a great source of protein so have scrambled eggs on wholegrain toast or an omelette with veg



Reduce processed & red meat by replacing bacon & sausages with vegetarian versions or use leaner meats such as turkey rashers or chicken sausages



Grilling or baking are healthier ways to cook. If frying choose oils that contain unsaturated fat such as olive, rapeseed or sunflower



Limit fruit juice/smoothies. It's better to consume whole fruit and veg. If you do have juice/smoothie, keep your portion size to 150ml per day



Breakfast on the go? Have fruit instead of a cereal or granola bar as they tend to be high in sugar, even those that are advertised as a 'healthy' option



Yoghurts can be advertised as low fat but are high in sugar. Stick to 0% fat natural or Greek yoghurts and add natural sweetness by adding chopped fruit



Lighter lunches



Bulk out your lunches by adding more salad or veg to your wraps and sandwiches



Try an open sandwich, this reduces the number of calories by using half the amount of bread



Switch to brown or wholegrain bread/wraps to increase your fibre intake and keep you feeling fuller for longer



Make your own sandwiches the night before as you can control the calorie content of the fillings and spread



Homemade frittata is a great option for lunch as you can make it in advance, add lots of veg, and have it cold or heat it up at work



Swap butter & cheese in baked potatoes for reduced fat spread and reduced sugar/salt baked beans or have a baked sweet potato instead



Grains such as quinoa, cous cous and tabbouleh are great in a salad & you can add leftover veg & lean protein such as chicken or turkey



Make homemade soup with lots of veg. Adding pulses such as beans and lentils keeps you fuller as they are high in protein, a good source of fibre and low GI