

Make the switch - Ditch your crisps!

change 4 life

<https://www.nhs.uk/change4life>


Salt
Most of us are eating more salt than we realise

Salty foods to watch out for


Crisps
Salted nuts


Watch the salt

Try replacing your crisps with healthier alternatives:

- ⇒ Fruit—grapes, kiwi, tangerine, apple slices, tinned or fresh
- ⇒ Vegetables sticks such as carrot or cucumber sticks
- ⇒ Cherry tomatoes
- ⇒ Rice cakes
- ⇒ Unsalted / unsweetened popcorn
- ⇒ Breadsticks
- ⇒ Cracker and cheese
- ⇒ Malt loaf
- ⇒ Fruit teacake
- ⇒ Sugar free jelly
- ⇒ Hard boiled egg

Fresh or tinned fruit and vegetables are always a healthier choice for a snack. If you want to give children a packaged snack, remember to look for 100-calorie snacks, two a day max!

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the switch and
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