



Drink Switchers...



Unhealthy

Healthy



Flavoured water



Plain still or sparkling water



Juice drink



100% Pure fruit juice
(e.g. from concentrate)



Juice drink, no added sugar



Plain or flavoured
milk drink



Fizzy drinks

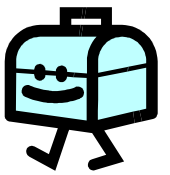


Fruit smoothie



Small changes make a big difference!

It's OK to eat food high in fat and sugar in **moderation**.
For example treat foods
(e.g. chocolate and crisps)
twice a week



Make **one change** at a time to increase the chance of acceptance

Set a good example at home by showing the children you **enjoy the healthy foods** you are providing in their lunchbox

Sandwich Switchers...

Unhealthy

Healthy

Jam/chocolate spread

Banana

Fish fingers

Tuna & sweetcorn

Fried egg

Egg mayonnaise & tomato

Croissant

Bagel

Butter only

Cheese or cheese spread & cucumber

Snack Switchers...

Unhealthy

Healthy

Cereal bar

Raisins or dried apricots

Cake / muffin / pastry

Cherry tomatoes

Crisps

Plain popcorn / rice cakes

Biscuits / cookies

Carrot or cucumber sticks

Chocolate

Yoghurt