



Drink Switchers...

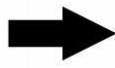


Less healthy

Healthy



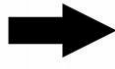
Flavoured water



Plain still or sparkling water



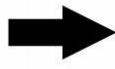
Juice drink



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



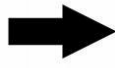
Juice drink, no added sugar



Plain or flavoured milk drink



Fizzy drinks

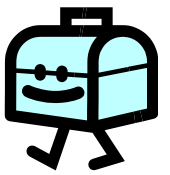


Fruit smoothie



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...



Less healthy

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...

Less healthy

Healthy



Cereal bar



Raisins or dried apricots



Cake / muffin / pastry



Cherry tomatoes



Crisps



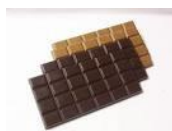
Plain popcorn / rice cakes



Biscuits / cookies



Carrot or cucumber sticks



Chocolate



Yoghurt

