

Healthy swaps cheat sheet

Simple changes to your diet can add up over time and make a big difference to your weight loss. Choosing porridge and regular coffee over a latte and a flapjack saves 9100 calories per month. That equates to about 1.2kg weight loss!

	Latte w/ full fat milk & flapjack 528 kcal	➔	Coffee w/ skimmed milk & porridge 203 kcal
	2 slices toast, 2 tbsp peanut butter 326 kcal	➔	2 oatcakes & 1tbsp peanut butter 181 kcal
	Individual fruit rice pudding 180 kcal	➔	Plain low-fat yoghurt w/ berries 87 kcal
	Cheese fries 746 kcal	➔	Standard fries 569 kcal
	Coleslaw 305 kcal	➔	2 tbsp light mayonnaise 86 kcal
	Full-sugar lemonade 50 kcal	➔	No added sugar fruit squash 2 kcal

Take a look at the food diaries below to see how small changes to each meal can affect your total calorie and carbohydrate intake over the course of a whole day.



Food diary 1

		Calories (kcal) and carbohydrates (g)
Breakfast	2 thick slices of white toast with 2 tbsp chocolate spread	379 kcal, 61g
	150ml orange juice	50 kcal, 12g
Mid-morning	Oat and honey cereal bar	196 kcal, 27g
	355ml vanilla latte with full fat milk	198 kcal, 21g
Lunch	Tuna mayo & cucumber white baguette (shop-bought)	539 kcal, 57g
	33g bag crisps	161 kcal, 18g
	330ml coke (full sugar)	139 kcal, 35g
Afternoon	Strawberry yoghurt (125g pot)	131 kcal, 17g
	Full-sugar Oasis drink (500ml)	86 kcal, 20g
Dinner	Sweet and sour chicken curry (sauce from a jar)	80 kcal, 18g
	Chicken in tempura batter	219 kcal, 1g
	White rice (100g uncooked)	373 kcal, 80g
	20g prawn crackers	105 kcal, 10g
	Full sugar fruit squash (250ml diluted)	20 kcal, 5g
Before bed	250ml white wine	235 kcal, 15g
Total		2909 kcal 397 g



Food diary 2

		Calories (kcal) and carbohydrates (g)
Breakfast	2 medium slices wholegrain bread with 2 tablespoon peanut butter	326 kcal, 32g
	Banana	51 kcal, 13g
	Orange sugar-free cordial (250ml diluted)	3 kcal, 1g
Mid-morning	2 Oatcakes with 25g low fat cheddar	158 kcal, 12g
	Coffee with skimmed milk	18 kcal, 2g
Lunch	Tuna with low-fat mayo and cucumber on wholemeal roll	390 kcal, 35g
	Carrot + pepper sticks (160g)	70 kcal, 11g
	22g bag baked crisps	96 kcal, 16g
	330ml diet coke	1 kcal, 0g
Afternoon	Plain low-fat yoghurt (15g) with handful of berries	90 kcal, 14g
	Sugar-free Oasis (Oasis Zero) (500ml)	16 kcal, 2g
Dinner	Home-made sweet and sour vegetable sauce (made with mixed veg, tinned pineapple, reduced salt soy sauce and tomato puree) with stir-fried chicken breast	266 kcal, 24g
	Wholegrain rice (75g uncooked)	324 kcal, 65g
	Orange sugar-free cordial (250ml diluted)	3 kcal, 1g
	Spritzer (125ml dry wine + soda water)	94 kcal, 1g
Before bed	Unsweetened fruit tea	2 kcal, 0g
Total		1908 kcal 229 g



The second food diary is not intended to show what an ideal day looks like. Start by taking a look at your own food and drink choices through the day.

What simple swaps could you make? Where can you cut down on...



Portion sizes



Hidden calories in drinks and condiments



Added sugars and fat in processed foods

Remember, you don't need to make changes to all of your meals and drinks in one go. Start by setting some SMART goals for a few manageable swaps to begin with, and build up from there.

