

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

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



**Food diary 2**

		Calories (kcal) and carbohydrates (g)
<b>Breakfast</b>	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
<b>Mid-morning</b>	2 Oatcakes with 25g low fat cheddar	158 kcal, 12g
	Coffee with skimmed milk	18 kcal, 2g
<b>Lunch</b>	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
	Plain low-fat yoghurt (15g) with handful of berries	90 kcal, 14g
<b>Afternoon</b>	Sugar-free Oasis (Oasis Zero) (500ml)	16 kcal, 2g
	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
<b>Dinner</b>	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
	Unsweetened fruit tea	2 kcal, 0g
<b>Total</b>		<b>1908 kcal</b> <b>229 g</b>



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.

