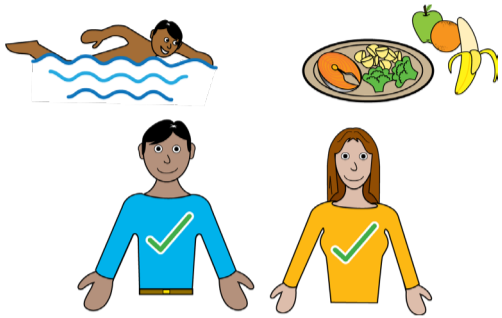




## Healthy Food Swaps



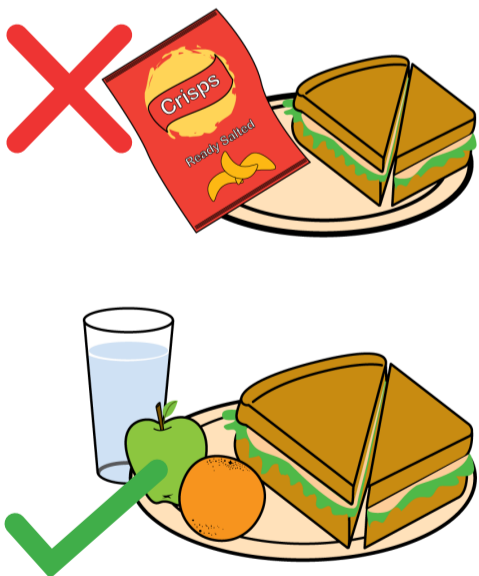
These are some examples of simple food swaps that can help you make healthier choices



Instead of butter, lard or ghee

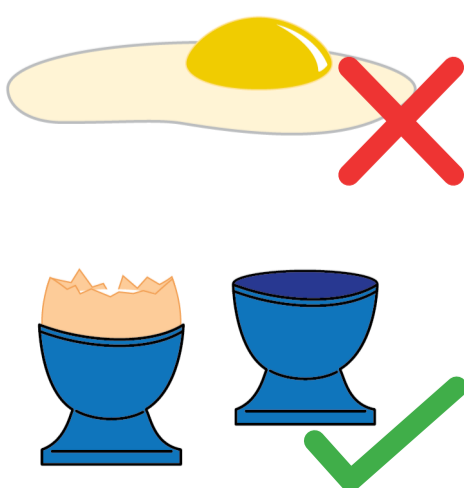
try cooking with olive oil, vegetable spread or vegetable oil instead

You should watch portion sizes – 1 teaspoon of oil or vegetable spread per person



Instead of crisps with your sandwich at lunch

...pick fruit or low fat yogurt instead

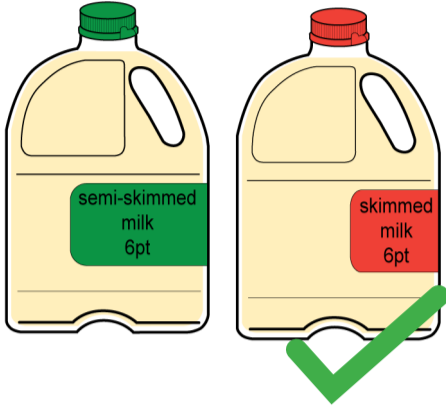


Instead of fried eggs at breakfast

...choose boiled or poached eggs instead



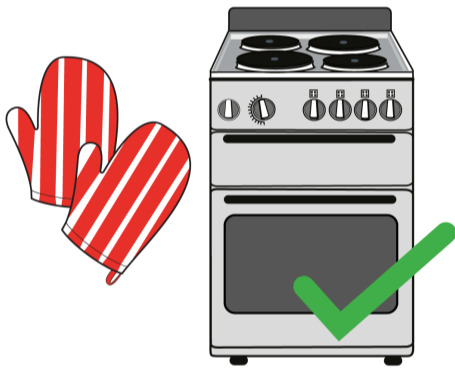
Instead of full fat (**blue top**) milk



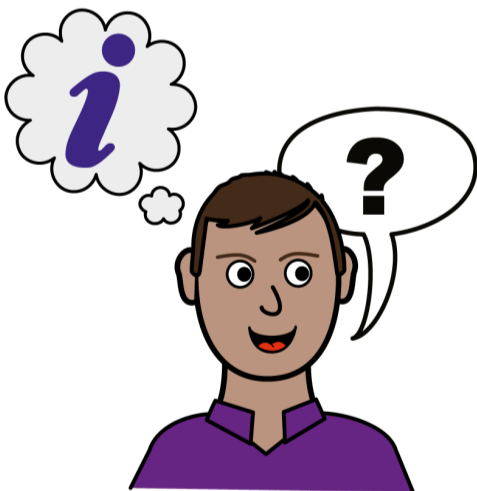
...try semi-skimmed (**green top**) or skimmed (**red top**) milk



Instead of frying food



...try baking it in the oven instead



Can you think of any other healthy swaps you do already?

If you are worried about your diet and would like more help contact your GP.

Health Facilitation Team. Telephone: 0113 8555049. Email: [getcheckedoutleeds@nhs.net](mailto:getcheckedoutleeds@nhs.net)