

Healthy = LIVING =



Make a healthy snack swap



It is OK to enjoy a piece of chocolate, slice of cake or even a few of your favourite sweets every now and then. However, having too many sugary snacks and sweet drinks can lead to an unhealthy diet.

Challenge yourself and make a swap from a sugary snack.

Swap From

Swap To



Check out the website below for more information and ideas.

www.nhs.uk/change4life/food-facts/sugar/sugar-swaps-for-kids