the snack swapper

Instead of this
Sugar-coated cereals

Try this
Lower sugar cereals
OR
Porridge topped with sliced banana
your snack swapper might just be the best thing since sliced bread – and it’s far better for you! It has three different wheels – one for snacks and two bonus wheels for breakfast and pudding – and it’s really easy to use.

On the front, as you turn the wheel, you’ll see the food/drink you’d like to swap in the window on the left and two healthier suggestions in the window on the right. Here on the back, there’ll be some advice for the grown-ups in the window below.

You can keep all three wheels safe inside your snack swapper, but when you want to make a swap, just use one wheel at a time.

This bit’s for the grown-ups

Want to find out more? For further information on Change4Life, and ways to get healthy and active, visit www.nhs.uk/change4life

Look for cereals with no sugar, honey or chocolate coating.