time for sugar swaps

FREE
Money-off vouchers, tips, recipes, stickers and more when you sign up!

while stocks last
help your kids cut back on sugar throughout the day

It’s surprising just how much sugar there is in some of the things we give our kids during the day. From their cereal in the morning through to their puddings in the evening, not to mention the sugary drinks and snacks. It all adds up!

And too much sugar means extra calories which cause fat to build up, that could lead to heart disease, some cancers and type 2 diabetes. But with Change4Life it’s now easier for your family to cut back on sugar. Just sign up for your FREE pack and make a sugar swap today.

breakfast swap

Set the kids up for the day by swapping sugary cereals for plain cereal such as porridge, wholewheat biscuits or shredded whole grain. These often have more fibre too which will help kids feel fuller for longer.

Tip: adding some fresh fruit like a banana or apple gives a sweeter taste – and they’re one of your 5 A DAY.
after-school swap

We all know the kids are hungry after a long day at school. But try swapping sugary biscuits, sweets, pastries and chocolate for snacks with less sugar such as fruit, plain unsalted nuts, plain rice cakes, teacakes or toast. These will give them the energy they need and keep them going until dinner. (Plus you won’t get nagged for more food every five minutes.)

“I cut up different types of fruit into smaller chunks as soon as they get in the door. Then I’m free to get on with making dinner!”

Mum of two, London

A simple way to get 5 A DAY
Chopped-up cucumber, pepper and carrot are a sweet and yummy snack eaten raw and dunked into lower-fat dips.
pudding swap

A simple pudding swap can be really tasty and filling as well as healthier. Try swapping sugary puddings for a piece of fruit, fruit salad, low-fat lower sugar yoghurt or sugar-free jelly.

“No one noticed the swap to sugar-free jelly!”
Mum of three, Manchester

drinks swap

Kids get really thirsty, and very often we give them fizzy drinks or sugary squash and juices. But it’s shocking how quickly the sugar mounts up throughout the day.
So swap sugary drinks for water, lower-fat milk and diet, sugar-free or no-added-sugar drinks. Remember even unsweetened fruit juice is sugary, so try not to let your kids drink more than 150ml a day.
sign up for your free sugar swap goodies

Free recipes, tips, vouchers and lots more.

Change4Life is helping you cut back on sugar with lots of great recipes, ideas and money-saving vouchers. Just sign up to receive your fantastic Sugar Swaps pack and help your family cut back on sugar. Simply search Change4Life to sign up online or fill in your details below.

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We'd like to keep you up-to-date in future with the latest tips, tools and offers like those from Public Health England. If you'd prefer not to hear from us, tick the box □
tasty healthier ideas for the kids

Try these easy recipes today

A fresh ‘n’ fruity start

Serves: 4  Energy per portion: 490kJ/117kcal

Ingredients:
4 kiwi fruit peeled and sliced
200g red or green seedless grapes halved
1/2 melon, cantaloupe or galia peeled, deseeded and chopped
8 tbsp low-fat lower sugar yoghurt
3 pinch ground ginger (optional)

What to do:
1. In a fruit bowl, mix together the sliced kiwi fruit, grapes and melon.
2. Mix together the low-fat lower sugar yoghurt and ginger (if using).
3. Share the fruit between four serving bowls and spoon the yoghurt mixture on top.

Tip 1: Try to eat a fruit salad with breakfast at least once a week, varying the fruit as you wish. Try these different combinations: oranges, raspberries and blueberries; apple, mango and pomegranate seeds; pears, blackberries and sliced peach or nectarine.

Tip 2: Remember, if you choose canned fruit, make sure that it’s packed in natural fruit juice, not syrup.

Piri-piri pomegranate popcorn

Serves: 4  Energy per portion: 769kJ/182kcal

Ingredients:
2 tsp vegetable oil
160g popping corn
1 tsp piri-piri seasoning
100g ready-prepared fresh pomegranate seeds
freshly ground black pepper

What to do:
1. Heat the vegetable oil in a large heavy-based saucepan with a tight-fitting lid.
2. Add the popping corn, put the lid on and shake the pan to coat the kernels in the oil. Put the pan over a medium-high heat. The kernels will begin to pop, and when they do, carefully shake the pan occasionally.
3. When the popping subsides, remove from the heat. Cool for 5 minutes, then add the piri-piri seasoning, pomegranate seeds and a little black pepper, stirring them through.
4. Share between 4 small bowls and serve.

Tip 1: A few kernels might not pop – just remove them.

Tip 2: For a fruitier version, leave out the piri-piri and add blueberries, seedless grapes and a pinch of ground cinnamon.

For loads more swaps and recipe ideas, search Change4Life
food label swap

An easy way to reduce the amount of sugar your family gets is to look at the colour-coded label. So go for more ‘greens’ and ‘ambers’ and fewer ‘reds’ when filling up your shopping basket.

Fruit loaf per slice contains:

- Energy: 434kJ 103kcal
- Fat: 1.5g 2%
- Saturates: 0.2g 1%
- Sugars: 0.1g 9%
- Salt: 0.16g 3%

The reference intake (%) tells you how much a portion of food contributes to your daily allowance. Typical values per 100g: Energy 1205kJ/286kcal

*Sample label only

download today

free app

Download the Change4Life Smart Recipes app on your smartphone and find loads of healthier ideas for meals throughout the day. From fruity french toast to carrot cake muffins – the whole family will love it!

Download for free at

school activity

At school your children may be learning how to make snacks with less sugar. So look out for any culinary delights that they bring home. They’ll be perfect for bridging the gap between school and dinner.