

**SAINTS
TOGETHER**



**MAKING SMART
FOOD AND
DRINK SWAPS**

We serve a Healthy Hospital Menu – tasty local dishes made healthy

Small Changes can
make a Big Difference
– It's easy



You can do the same and reduce your family's risk of diabetes, heart disease, stroke and the cancers that affect our community

- ♥ Use pepper or herbs instead of salt
- ♥ Swap to Low Fat or Fat-Free Milk
- ♥ Use Low Fat sunflower margarine
- ♥ Include small portions of veg or salad in each meal (Fresh, Frozen or Can)
- ♥ Swap to Brown Bread instead of white
- ♥ Grill, boil, steam, microwave, or roast (without fat)
- ♥ Only fry occasionally and use less oil
- ♥ Use tin fruit in juice & can veg and beans in water
- ♥ Have at least a portion of fruit a day – tin or fresh
- ♥ Fish, chicken and grilled fresh meat are better for you
- ♥ Remove the fat from your meat before cooking
- ♥ Have boiled or baked potatoes, boiled rice or bread more than chips
- ♥ Use sweetener in tea or coffee instead of sugar
- ♥ Healthy puddings: Fruit, Custard with Low-Fat Milk, Flapjack, Rock cakes, Plain sponge with fruit, Low-Fat Yoghurt, Sugar-free jelly
- ♥ Use low-fat mayo on sandwiches or salad.