



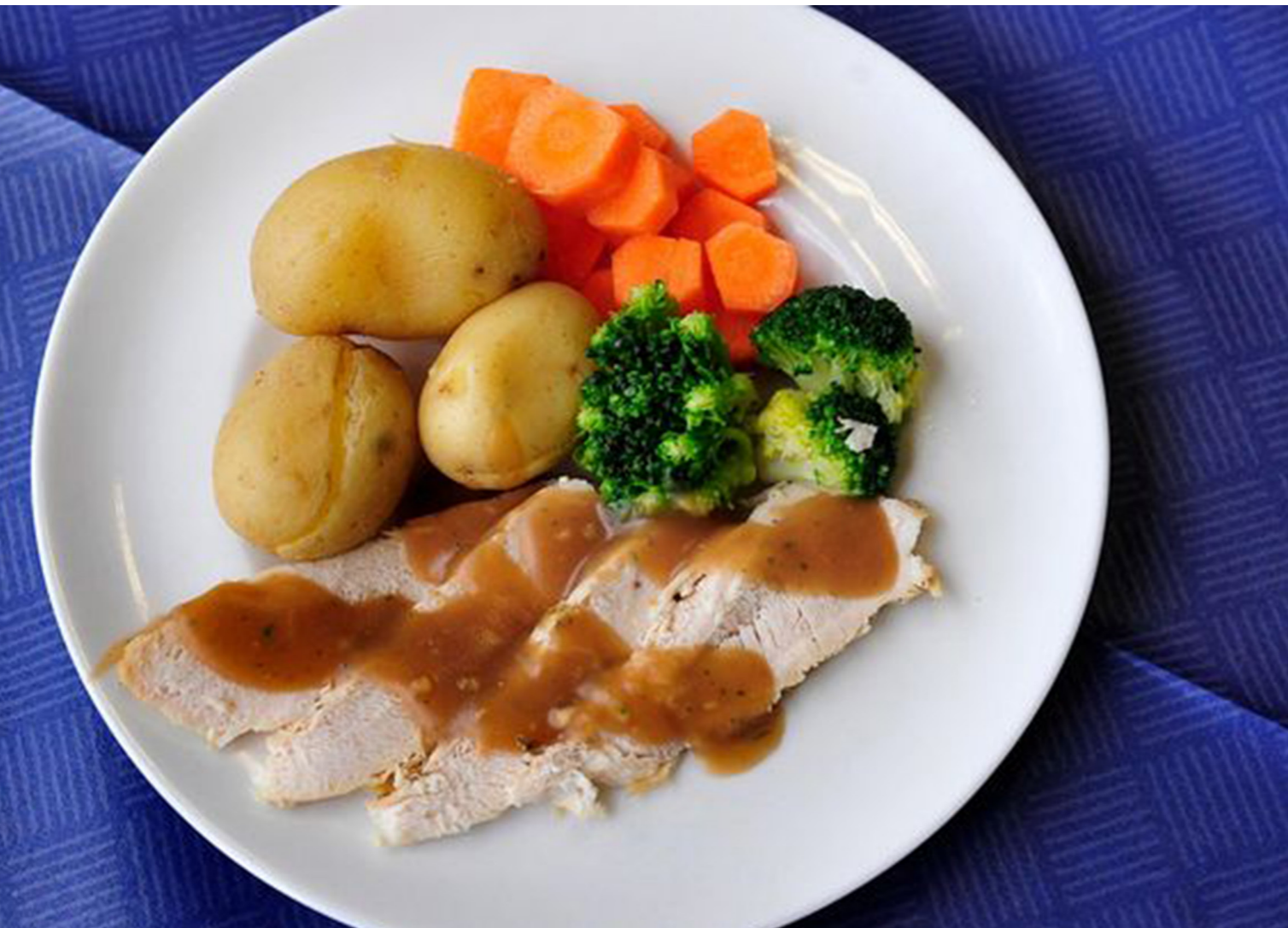
**St Helena
Government**
Safeguarding Directorate

**SAINTS
TOGETHER**



**MAKING SMART
FOOD AND
DRINK SWAPS**

**We serve a Menu of tasty
popular dishes that are
also healthy**



Small Changes can make a Big Difference

- ♥ Cut the Salt
- ♥ Use Low Fat Milk
- ♥ Use Low Fat margarine
- ♥ Include some Veg or Salad with each meal (Fresh, Frozen or Can)
- ♥ Grill, Boil, Steam, Microwave, or Roast (without fat)
- ♥ Only Fry Occasionally and Use Less Oil
- ♥ Have at least a portion of Fruit a Day – tinned or fresh
- ♥ Swap to tin fruit in juice & can veg and beans in water
- ♥ Have Fish, Chicken and Grilled Fresh Meat more than Processed Meats (bacon, corned beef, sausages, gammon)
- ♥ Remove Meat Fat before cooking
- ♥ Boiled or Baked Potatoes, Boiled Rice, & Bread are better for you than Chips
- ♥ Use Sweetener in Tea or Coffee instead of Sugar
- ♥ Healthy Puddings: Fruit, Flapjack, Rock cakes, Plain or Fruit sponge, Custard (with Low-Fat Milk & Sweetener), Low-Fat Yoghurt, Sugar-free jelly
- ♥ Use Low-Fat Mayonnaise on Sandwiches or Salad
- ♥ Swap to Sugar-Free Mixer Juice, Cool Drinks, and Flavoured Waters