

# Switch and Ditch list.....



Swapping a few foods can make a huge difference to you energy and fat intake. Try some of the suggestions below ...chances are you will not even notice the difference!

| Ditch this.....          | Switch to this.....  | % less energy |
|--------------------------|--|---------------|
| • Hard cheese            | • Lower fat cheese – edam, mozzarella                          | 30%           |
| • Cream cheese           | • Cottage cheese   | 79%           |
| • Full cream milk        | • Semi/skimmed milk  | 25%           |
| • Double Cream           | • Low fat natural yoghurt yoghurts/low fat crème fraiche       | 89%           |
| • Ordinary Yoghurts      | • Low fat, low sugar ('diet') yoghurts                         | 50%           |
| • Mayonnaise/salad cream | • Lemon juice/low fat yoghurt or mayonnaise, fat free dressing | 93%           |
| • Sugar                  | • Artificial sweeteners  | 100%          |
| • Jams/marmalades        | • Reduced sugar versions                                       | 54%           |
| • Tinned fruit in syrup  | • Tinned fruit in natural juice                                | 37%           |
| • Iced cake or bun       | • Fresh fruit & meringue                                       | 91%           |
| • Ice cream              | • Fruit sorbet   | 30%           |
| • Sponge pudding         | • Sugar free jelly, fruit, low fat custard                     | 54%           |
| • Butter/margarine       | • Low fat spread   | 51%           |
| • lard                   | • Spray oils/rapeseed or olive oil                             | 0-50%         |
| • Chips/roast potatoes   | • Jacket potato  | 59%           |
| • Fried rice             | • Boiled rice  | 38%           |
| • Steak pie              | • Cottage pie  | 63%           |
| • Fatty mince            | • Lean mince (dry fry/drain off fat)                           | 23%           |
| • Corned beef            | • Lean ham/poultry   | 46%           |
| • Chicken with skin      | • Chicken without skin   | 71%           |
| • Fish tinned in oil     | • Fish tinned in fresh water/brine                             | 60%           |
| • Fish in batter         | • Fish poached/grilled/homemade breadcrumbs                    | 52%           |
| • lemonade               | • Diet lemonade/fizzy drink                                    | 100%          |
| • Squash                 | • Reduced sugar squash   | 100%          |
| • Drinking chocolate     | • Low calorie/light versions                                   | 70%           |
| • kebab                  | • Shish kebab  | 60%           |
| • Cheese sauce for pasta | • Tomato based sauce for pasta                                 | 55%           |
| • Crisps                 | • Popcorn  | 30%           |