

HEALTHY



SWAPS

For the New Year!

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Pasta

Spaghetti Squash, Spiralized Zucchini

Skip the heavy high carb meal and sub in spaghetti squash or zucchini linguine for a guilt-free pasta dish!



French Fries

Baked Sweet Potato Fries

Sweet Potatoes are a great and healthy option for a side dish.



Cow's Milk

Almond Milk

Dairy is often a trigger for an upset stomach. Sub your cow's milk for a nut milk like almond milk or coconut milk.



Fruit Juice

Coconut Water

Many fruit juices have electrolytes, but they are also packed with sugar.

Try a natural coconut water loaded with potassium and electrolytes!



White Sugar

Raw honey, pure maple syrup, coconut sugar

Stay away from refined white sugar! Go for a natural sweetener.



Ice Cream

Banana Ice Cream

Ditch the sugar-packed ice cream for a frozen banana 'ice cream' alternative. Simply blend a frozen banana in your high-speed blender until it reaches the texture of ice cream.



Mayo

Avocado

Sub out mayo for avocado in chicken salads and egg salads to add some healthy fats into your diet!



Mashed Potatoes

Cauliflower Mash

Ditch the heavy cream and potatoes, and sub it for a cauliflower mash! You won't miss those potatoes. Make it creamy with almond milk, grass-fed butter, and season it with Himalyan sea salt!



Cocoa Powder

Cacao Powder

Cocoa powder is processed, stripped of nutrients, and contains low levels of cacao. Cacao is high in antioxidants, promotes healthy skin and a healthy heart.



Canola/Vegetable Oil

Avocado oil, coconut oil, extra-virgin olive oil, ghee, grass-fed butter

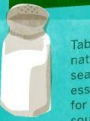
It's no secret that we should stay way from vegetable oils. Avocado, coconut, and olive oil are great oil swaps- ghee (clarified butter), and grass-fed butter are also great alternatives!



Table Salt

Himalayan Sea Salt

Table salt is depleted of its natural minerals. Himalayan sea salt contains over 30 essential minerals needed for our body, and is a good source of magnesium!



White Rice

Cauliflower Rice

For a lighter meal, sub out white rice for cauliflower rice! Process cauliflower in your food processor until it becomes rice texture.



5 Healthy Swaps



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CANDY



FRUIT

SALT



HERBS

BUTTER



AVOCADO

MILK



ALMOND MILK

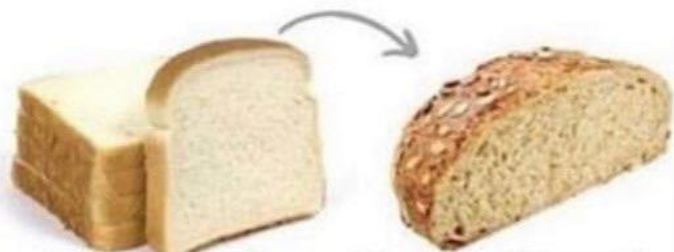
BAGELS



BANANAS

HEALTHY SWAPS

@change_begins_with_you



White bread

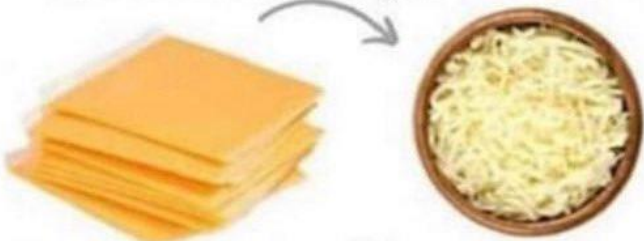
Sprouted bread



Energy drink



Coffee



Processed cheese

Mozzarella cheese



White pasta



Chickpea pasta



Fruit juice

Fruit infused water



Store bought dressing



Olive oil / lemon



Flavoured yoghurt



Greek yoghurt



Crisps

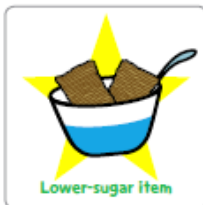
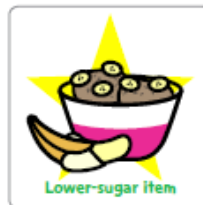
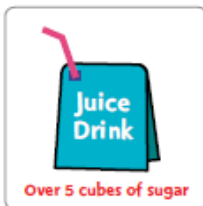


Popcorn

Spying on Sugar

In school we have been spying on sugar exploring the sugar content of different food and drink products and learning why it is important not to eat too much sugar. Which Sugar Smart Promise will you make to ensure that you are cutting down on sugar?

Age	Daily sugar limit	Sugar cubes
4-6yrs	No more than 19g per day	5 cubes
7-10yrs	No more than 24g per day	6 cubes
From 11yrs	No more than 30g per day	7 cubes





From



More than the maximum daily amount



9 cubes in a 330ml can

Sugary drinks have no place in a child's daily diet

swap



To



Water, lower-fat milks, diet, sugar free or no added sugar drinks

Rethink your Drink

Avoid a sugar overload



Whenever possible, try to swap to water, low-fat milk and sugar-free drinks

1 cube = 4 grams sugar



So how much is too much?

maximum daily amounts of added sugar are

4-6 years
5 cubes max
or 19 grams



7-10 years
6 cubes max
or 24 grams



11+ years
7 cubes max
or 30 grams



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active halton HEALTH IMPROVEMENT

