



taster recipes

easy swap ideas for tasty, healthier meals



FREE
money-off vouchers,
Smart Swapper and
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change
4 life

Eat well Move more Live longer

let's get swapping

With Change4Life's Smart Swaps you can cut sugar, fat and calories from your diet by swapping everyday food and drinks for lower-fat or sugar-free alternatives. There's no need to give up on your family favourites – just choose a Smart Swap and start cutting fat and sugar today.

easy smart swap ideas

It's easy to make changes for the whole family.

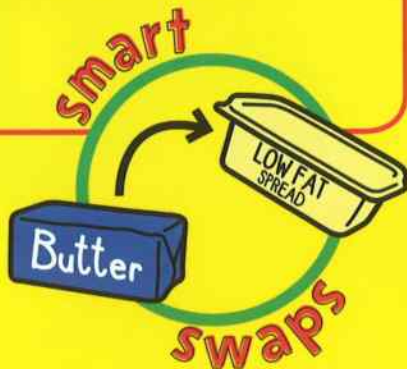
Swapping takeaways for home cooking can save a staggering £800 a year. Try our healthier Smart Recipes app for delicious homemade fish and chips, creamy kormas and speedy pizzas and start saving today!

Make vegetables the main event! They tend to cost less than meat, so swapping more veg into your meals can cut your food bills, as well as cutting back on fat.

Swap salt for herbs, spices or pepper and add flavour to your dish. Try some ginger, basil, coriander or curry powder to spice up your meal.

Why not swap butter in your mash for lower fat butters and spreads. It will still be creamy and just as tasty.

Why not think about swapping to school dinners? These days, school dinners are almost certainly healthier – than most packed lunches – and tastier too! Ask about school dinners at your school, and give them a try



five smart swaps

See how much healthier you and your family can be by making these 5 easy swaps.

Try swapping to a glass of milk or glass of water, they are healthier swaps too



See what your family could save over 4 weeks



Saving up to three-quarters of a 1kg bag of sugar per family over 4 weeks

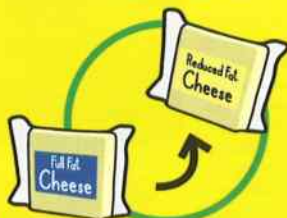
Based on swap to sugar free drinks only



Saving up to a third of a pint of fat per family over 4 weeks



Saving of 83 sugar cubes per family over 4 weeks



Saving nearly a third of a pint of fat per family over 4 weeks

Try swapping to lower fat butters, that's a healthier swap too



Saving up to three-quarters of a pint of fat per family over 4 weeks

Savings based on average purchases by a sample of families over 4 weeks.
Source: Kantar 2013

easy ideas for the whole day

breakfast

three bears breakfast

Serves: 4 adults Energy per portion: 1439kj/344kcal

ingredients:

200g high fibre porridge oats
1 litre semi-skimmed or 1% fat milk
80ml water
4 tbsp low fat natural yoghurt
1 apple, cored and thinly sliced
40g raspberries (thawed if frozen)

what to do:

1. Put the porridge oats into a saucepan with the milk and water. Heat, stirring constantly, until the porridge thickens. Reduce the heat and simmer for 3-4 minutes, stirring.
2. Share the porridge between 4 serving bowls and top with the yoghurt, apple and raspberries. Serve immediately.

tip 1: Try other thawed frozen berries instead of raspberries.

tip 2: If you can't tolerate dairy products, make the porridge with water, or try making it with soya milk or oat milk.

tip 3: Try topping with ready-prepared mango and fresh pineapple - available in most supermarkets - or just choose canned fruit, packed in natural juice.



lunch

soft cheese and pineapple wraps

Serves: 4 adults Energy per portion: 1017kJ/243kcal

ingredients:

227g can pineapple in natural juice, drained and chopped
150g lower fat soft cheese
8 medium-cut slices wholemeal bread from a large loaf, crusts removed

salad:

1 Little Gem lettuce, shredded
1 cucumber, chopped
8 radishes, chopped
8 cherry tomatoes, halved
1 yellow pepper, deseeded and chopped
Juice of 1 lemon
1 pinch ground black pepper

what to do:

1. Mix the well-drained pineapple with the soft cheese, then share an equal amount over each slice of bread, right to the edges. Roll up each one tightly and wrap each serving (2 rolls) in cling film.
2. Make the salad by mixing together the lettuce, cucumber, radish, cherry tomatoes and yellow pepper. Add the lemon juice and season with black pepper. Share between 4 individual pots.
3. Keep the rolls and salad chilled until ready to eat.

tip 1: Try using lower fat soft cheese and finely chopped apple for an alternative filling option.

tip 2: Keep chilled in an insulated bag or cool box, with ice packs.

tip 3: Vary the salad - try cherry tomatoes, red pepper, celery and cucumber.



healthy snack

nougats and crosses

Serves: 4 adults Energy per portion: 628kj/150kcal

ingredients:

- 8 celery sticks
- 1 small cucumber, ends trimmed off
- 2 kiwi fruit, peeled and sliced into rings
- 16 ready-to-eat dried apricots
- 2 large carrots, cut into small sticks
- 100g reduced fat hard cheese, cut into sticks

what to do:

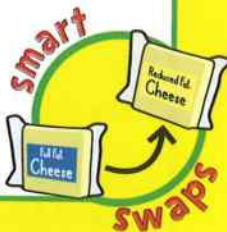
1. Trim the celery sticks and cucumber to the same length. Halve the cucumber lengthways, then slice in half again, lengthways.
2. Take 4 large serving plates, and arrange 2 sticks of celery and 2 sticks of cucumber on each plate, in a grid pattern.
3. Use the dried apricots and slices of kiwi fruit as nougats, and the carrot sticks and cheese as crosses. Have a 'game' on each plate - then eat the results!

tip 1: Try using cherry tomatoes or grapes instead of apricots and kiwi fruit.

tip 2: You could use red or yellow pepper strips instead of carrot.

tip 3: Pack up a mini bag as part of your child's packed lunch, wrapping the kiwi fruit in separate pieces of cling film.

tip 4: Add a glass of semi-skimmed milk to drink.



evening meal

bang tasty chicken drummers

Serves: 4 adults Energy per portion: 1690kj/404kcal

ingredients:

- 2 tbsp tomato purée
- 2 tbsp reduced salt soy sauce
- 2 tbsp lemon juice
- 8 skinless chicken drumsticks
- 880g potatoes, peeled and cut into chunks
- 320g carrots, sliced
- 320g frozen peas
- 4 tbsp semi-skimmed or 1% fat milk
- Freshly ground black pepper

what to do:

1. Put the tomato purée, reduced salt soy sauce and lemon juice into a non-metal mixing bowl. Mix well and season with black pepper. Add the chicken drumsticks, turning to coat them in the mixture. Cover and refrigerate for 30 minutes, or overnight.
2. When ready to cook, preheat the oven to gas mark 6/200°C/fan oven 180°C.
3. Arrange the drumsticks in a foil-lined roasting tin and roast for 30 minutes, brushing them with the remaining glaze after 20 minutes.
4. While the chicken is roasting, boil the potatoes and carrots in separate saucepans until tender (approx. 20 minutes). Put the peas on to cook in some boiling water, 5 minutes before the chicken is ready.
5. Drain and mash the potatoes, beat in the milk and season with pepper. Serve with the chicken drumsticks, carrots and peas.

tip 1: Try making mash with a mixture of potatoes and butternut squash for a different flavour.

tip 2: Chicken skin has a high fat content, so that's why it's best to remove it.

tip 3: Try low fat yoghurt as a healthy pudding.



swap it don't stop it!

Milk and dairy products, such as cheese and yoghurt, are great sources of protein and calcium. If you are looking to make healthier choices try lower-fat milk and dairy foods.



The Government recommends that children under the age of 2 should not restrict their intake of fat.

From 2 years if they are a good eater and growing well, children can move to semi-skimmed milk.

From the age of 5 children can also be served 1% fat or skimmed milk.

Be calorie smart

Calories are clues to what you should be eating each day. They're also really handy for planning how much to eat and when. Try to aim for 400 calories for breakfast, 600 for lunch and 600 for your evening meal (that includes any drinks and desserts you have with your meal too). That leaves a few for any healthier snacks. A man needs around 2500 calories a day and a woman 2000. Remember kids need me-size meals.



Smart Recipes app

Get meal ideas on the move to help you make your Smart Swaps, and lots of other fun stuff too. Search Change4Life, or download it now for FREE from the iTunes Store or Google Play.

sign me up for my free smart swaps goodies

Signing up is easy and you'll get loads of tips and your own Smart Swapper, plus ideas and money-off vouchers.

Simply fill in your details below, give it a lick and a stick and pop it in the post, no stamp required. Or, to get your Smart Swapper quicker, you can sign up online. Just search **Change4Life**.

FREE Smart Swapper

Packed full of healthier swaps and snack ideas, with the Smart Swapper you'll never run out of quick ideas to make everyone feel good. Stick it on the fridge and you'll be spoilt for choice.

Subject to availability. Limited to one per household.

Smart Swappers distributed from 6 January 2014.



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We'd like to keep you up to date in future with the latest tips, tools and offers like these from Public Health England. If you'd prefer **not** to hear from us, tick the box

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