

# FOOD IS FUEL

Small changes can make a big difference

## Swap this for that



Fizzy drinks

Sugar-free drinks



Full-fat milk

Reduced fat milk



White bread

Higher fibre,  
whole grain bread



Muesli bars

Fresh fruit and a  
small handful of  
unsalted nuts



Chips

Popcorn



Butter

Margarine



**ONE LAST TOP TIP:** To give you energy throughout the day, fill up on foods high in protein (meat, chicken, fish, eggs, nuts and dairy) and fibre (whole grains, vegetables, fruits and beans).