

**Next time you go shopping why don't you try to swap for a healthier option?
From the items below can you name the healthier option that has been swapped in?**

Try swapping

For

1)



Chips

Salt: 618mg per 100g
Fat: 33.9g per 100g

Salt: 2mg per 100g
Fat: 3.4g per 100g

2)



Sweet Biscuits

Salt: 289mg per 100g Sugar: 23.9g per 100g
Fat: 17.2g per 100g

Salt: 1mg per 100g
Fat: 0.2g per 100g

3)



Flavoured Popcorn

Fat: 12.6g per 100g
Salt: 645mg per 100g

Fat: 4.10g per 100g
Salt: 1mg per 100g

Nutrition for Outside School Hours Care • an NAQ Nutrition program

4)



Soft Drinks

Sugar: 8.8g per 100g



Sugar: 0g

5)



Muesli Bars

Fat: 12.10g per 100g
Sugar: 18g per 100g



Fat: 0.3g per 100g
Sugar: 6g per 100g

6)



Fried Chips

Fat: 10.10g per 100g



Fat: 0.2g per 100g

- | | |
|--------------------------------|--------------------|
| 1. Rice cakes | 4. Water |
| 2. Piece of fruit (e.g. apple) | 5. Low fat yoghurt |
| 3. Plain popcorn | 6. Baked potato |