

# Packed Lunch SMART SWAPS GAME



Match up some swaps you could make in your lunch box to make it super healthy, or choose new ones.

## Let's get swapping!!

### Items to swap

Chocolate biscuit

Sweets

Chocolate dessert pot

Cake bar

Chocolate spread sandwich

White bread ham sandwich

Chocolate bar

Crisps

Chocolate muffin

Strawberry milk

Plain cheese sandwich

Energy drink

Processed meat product

Chocolate spread sandwich

100% Fruit juice

Sugary or sweetened drink

Cereal bar

Peanut butter sandwich

Lunch box products (i.e Lunchables)

### Healthy swaps

Yoghurt

100% Fruit juice diluted with water

Dried fruit and nuts

Fruit salad with yoghurt

Houmous dip with pittas sticks

Fruit loaf

A banana

Plain rice cakes with peanut butter

Pot of cherry tomatoes

Chicken

Rice pudding pot

Plain popcorn (try flavouring with cinnamon)

Fruit kebabs

Grapes

Half white and half wholemeal ham and lettuce sandwich

Oat cakes with cream cheese or peanut butter

Cheese and tomato sandwich

Crunchy pepper or carrot sticks

Plain water

An apple

Water with fresh lemon and lime

Rice or pasta salad pots