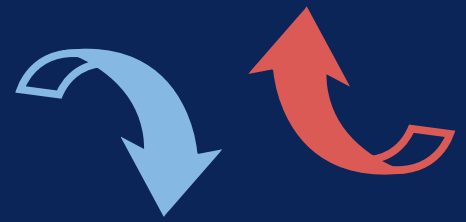


Healthy food swaps



On average, men need 2,500 calories a day to maintain their weight. Women usually need 2,000 a day.

If you need to lose weight, aim to eat fewer calories than your body needs (reducing your daily calories to 1,900 if you're a man and 1,400 if you're a woman should result in a safe, sustainable 1-2lb loss per week).

The amount of calories you need each day will change depending on your level of physical activity. A few simple food swaps can help reduce your calorie intake without the need for drastic changes to your diet.



SWAP

Tuna

Carbonated drinks

Ice-cream

Jam

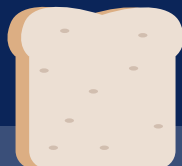
FOR

Sardines

Sparkling water

Frozen yoghurt

Nut butter



SWAP

Sweets

White/wholemeal

Fresh

Low fat yoghurt

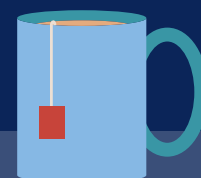
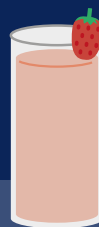
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Frozen grapes

Granary/seeded

Frozen fruit/vegetables

Full fat yoghurt



SWAP

Margarine

Snacks

English breakfast tea

FOR

Butter

Homemade smoothies

Rooibos tea

