

The Swap Shop

We all enjoy convenience foods and a snack of some sort at some time! The secret lies in checking the labels and making smart choices.

Nutrition information on labels is provided 'per 100g/100 ml' and usually has the information per serving too. If you are looking at the nutrients 'per 100g', this will help you compare the levels of nutrients in different products. For example, the amount of fat in a 'thin crust pepperoni pizza' is 26 g compared to a 'thin crust Margarita Pizza' with just 11g. This makes the Margarita pizza a much better choice with a saving of 15g of fat. You don't have to look for all the nutrients in every food product. Think about the obvious things which relate to specific foods- there's no need to worry about the sugar content of crisps, it's salt and fat that we're concerned about here, similarly, you don't need to worry about salt in a yoghurt- sugar and fat would be more relevant. Use some common sense and basic food knowledge to look for the right nutrients in certain products.

Look at some of the smart swaps on how to save calories, fat, sugar or salt!

1. Ready Salted Crisps vs Reduced Fat crisps vs Nuts & Raisins

	Ready Salted Crisps	Reduced Fat crisps	Nuts & Raisins
Serving	25g pack	24g pack	40 g pack
Fat (g)	8.5	5.3	11.5
Saturated Fat(g)	0.7	0.5	2.3
Salt (g)	0.5	0.5	trace

2. Orange juice vs Fizzy Drink vs Diet Drink

	Pure Orange Juice	Fizzy Drink	Diet Drink
Serving	250 ml	330 ml	330 ml
Calories	114	140	2
Sugar (g)	25 (natural fruit sugar)	35	0

3. Chicken Korma vs Chicken Jalfrezi

	Chicken Korma	Chicken Jalfrezi
Serving	350g	350g
Fat (g)	40	21
Saturated Fat(g)	18	2
Salt (g)	1.5	1.5

4. Chocolate Muffin vs Chocolate Mini Muffin

	Chocolate Muffin	Chocolate Mini Muffin
Serving	Per muffin	Per muffin
Calories	250	110
Fat (g)	14	6

5. Boiled egg vs Fried egg

	Boiled egg	Fried egg
Serving	1 medium	1 medium
Calories	90	120
Fat (g)	6	8.34

6. White bread vs Granary bread

	White bread	Granary bread
Serving	Medium sliced	Medium sliced
Calories	78	81
Fibre (g)	0.6	1.7

7. Pepperami vs Wafer thin Ham vs Turkey slices

	Pepperami	Wafer thin Ham slices	Turkey slices
Serving	28 g	10 g	28 g
Fat (g)	13.7	0.3	0.85

8. Cream Cake vs Victoria Sponge

	Cream Cake	Victoria Sponge Cake
Serving	80 g	53g
Calories	310	243
Fat (g)	18.3	13

9. 1 Pint of Bitter Draught vs 1 shot of Baileys vs 1 glass of Red wine

	Lager	Baileys	Red Wine
Serving	1 pint	1 glass 37 ml	120 ml
Calories	182	130	80

10. Boiled sweets vs Kit-Kat vs Raisins

	Boiled Sweets	Kit-Kat	Raisans
Serving	28 g	2 finger Kit-Kat	25 g
Calories	92	106	72
Sugar (g)	24	10.5	17.3 (natural sugar)
Fat (g)	0	5.48	0