

OK: Diabetes.

Snack swap – watching TV.



National Institute for
Health Research



Lots of people
eat snacks
when they are
watching TV –
do you?

Here are some snacks you could try instead of pizza,
crisps or biscuits.



Chop up some apples
or pears and share
them with friends –
they are sweet and
they will keep for a day
or two in the fridge.



If you don't want something
sweet, try peeled vegetables.



What healthy snacks can you
think of?

Snack swap – out of the house



It is tempting to buy chips in town..



...or
chocolate

Instead you could try these snacks.



Take a small bag
of grapes or
banana with you.



Dried fruit can be easy to carry
and you can buy it in bags – you
need to check how much you can
eat.



Can you think of other healthy snacks?

Snack swap – what to drink



Fizzy drinks are convenient to buy when you are out.

They often have lots of sugar in them. Even diet versions because they taste sweet can make you want to have more sugar



You can fill a bottle with tap water and take it with you – it's free!



Fruit juice with some water in a bottle tastes great

Do you drink fizzy drinks?
What could you drink instead?