

healthier sweet swaps

Swap this

I want to eat less sugary biscuits and cakes



I can't eat lollies



I can't drink soft drink



For that

I will learn to cook more healthy foods at home e.g. savoury muffins



When I feel like something sweet, I want to choose a healthier alternative like fruit, nuts or yoghurt more often



Water will be my main drink for the day

