

Unhealthy	Healthy
Cakes and muffins	Rice cakes (no chocolate)
Biscuits and cookies	Cereal, granola and muesli bars (no chocolate or nuts)
Cheese strings and processed cheese	Cubes of unprocessed cheese
Peperami sticks and other processed meat products	Vegetable sticks/crudités
Crisps (unless a very small portion in a pot for a garnish)	Vegetable and pulse/bean based alternatives/fruit crisps (apple, pineapple etc.)/unsalted popcorn
Sugary and fizzy drinks	Water
Yoghurt drinks and milkshakes	Vegetable/fruit, low-fat natural yoghurt
Sweets and lollipops	Fruit and dried fruit (raisins, apricots etc.)
Crackers	Breadsticks
Chocolate	Banana and other fruit chips
Buttered toast	Pitta pockets
Foods high in fat	Foods low in fat
Foods high in salt	Foods low in salt
Foods high in sugar	Foods low in sugar
No nuts! No chocolate! No Bags of crisps	