



**Heart
Research
UK**

Breakfast

Swaps

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Swap this...



...for that

Chocolate cereal

Chocolate porridge made with unsweetened cocoa powder & mashed banana for sweetness

Frosted / high sugar cereal

Low sugar granola, muesli or wheat biscuit cereal

Pastries (croissants, pain au chocolate etc)

Overnight oats or chia pudding (great for taking on-the-go)

Cereal bars

Homemade low-sugar granola bars

White toast

Wholemeal or granary toast

Fry up / full English

Chicken sausage and eggs on wholewheat toast



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Lunch

Swaps

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Swap this...



...for that

White bread, bagels,
or wraps

Wholemeal bread, bagels,
or wraps

Ham or cheese fillings

Chicken or tuna fillings

Tinned soup

Homemade soup

Plain sandwiches

Sandwiches full of salad
and vegetables

Crisps

Plain popcorn or rice cakes

High-sugar yoghurts
or pudding pots

Natural yoghurt or low sugar
fromage frais

Fruit juice carton

Piece of fruit



**Heart
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Dinner

Swaps

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Swap this...



...for that

Sausages, burgers,
or processed meats

Lean meats, turkey burgers
or chicken sausages (watch
out for high salt content)

Pizza, ready meals
or processed foods

Homemade versions

White rice or pasta

Wholegrain rice or pasta

Chips

Baked or boiled potatoes,
or sweet potato

Creamy or cheesy
cooking sauces

Tomato and vegetable
cooking sauces

Takeaway foods

Homemade 'fakeaway' versions

Foods fried in oil

Cooked in the oven or air fryer



Snack

Swaps

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Swap this...



...for that

Salted nuts

Unsalted nuts

Chocolate

Dark chocolate, fruit, dark
chocolate dipped fruit and nuts

Cake bars, muffins,
or doughnuts

Vegetable sticks with
low-fat hummus

Crisps

Plain popcorn or unsalted,
wholegrain rice cakes

Biscuits

Wholewheat crackers with a no
added sugar nut butter spread

Ice cream

Frozen unsweetened
yoghurt with fruit



Drink

Swaps

Swap this...



...for that

Juice drinks

Water flavored with fresh fruit
such as lemon, limes,
berries or ginger

Milkshakes

Homemade versions using
skimmed milk or plant-based milk
& fresh fruit

Fizzy drinks

Sparkling water flavored with
fresh fruit

Coffee & tea made with whole
milk or cream

Hot drinks with skimmed
or no milk

Whole milk

Skimmed milk



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Other

Swaps

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Swap this...



...for that

Salt

Herbs and spices

Sugar

Cinnamon & vanilla

Sauces
(ketchup, brown sauce, gravy)

Reduced salt and
sugar versions

Butter on toast

No added sugar nut butter or
avocado spread thinly on toast

Coconut oil or lard

Olive oil