

# SWANSEA PEOPLE FIRST

## Peer Health Advocacy Project

An Organisation of and for People with Learning Disabilities



**GOOD HEALTH FOR ALL!**

# The Snack Swapper



Healthier Options to help  
you Resist Temptation

With Thanks to:

change  
4 LIFE

# Naughty but Nice:

## 1. Fizzy Drinks



What could you  
have instead?

Try this instead:

**Fruit Juice**



**Pure Fruit Juice  
has less sugar**

Naughty but Nice:

## 2. Milkshakes



What could you  
have instead?

Try this instead:

Semi-Skimmed Milk or  
a Fruit Smoothie



There is much  
less fat

Naughty but Nice:

### 3. Crisps



What could you  
have instead?

**Try this instead:**

**Rice Cakes or  
Breadsticks**



**There is much  
less salt**



# Naughty but Nice:

## 4. Sweets and Chocolate



What could you  
have instead?

Try this instead:

Dried Fruit like  
Raisins



There is much  
less sugar and fat

# Naughty but Nice:

## 5. Biscuits and Cake



What could you  
have instead?

**Try this instead:**

**A Banana or a handful  
of unsalted nuts**



**There is much  
less sugar and fat**

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Is Supported By:

