



**Swap foods**  
high in carbohydrates like potatoes, for sweet potatoes and riced cauliflower

**Grill or bake**  
fish and meat instead of frying

Add pumpkin seeds to a salad, to increase the **protein** content and texture

Instead of salt, use herbs, spices, garlic, vegetables and fruits to add **flavour** to dishes

**10**  
**Healthful**  
**Choices**

Healthy food for a healthy heart...

Create great tasting **smoothies** using local and seasonal fruit and vegetables

**Create** home-made sauces or condiments instead of manufactured brands, that can contain high levels of sugar

Popcorn can be offered as a snack, providing a good source of **zinc**

Use chickpeas instead of potatoes, which will give the same texture, as well as **iron**

Offer **frozen yoghurt** as an alternative to ice cream

Offer **healthier sides** on children's menus by adding cucumber and carrot batons

Information from [www.schoolfoodplan.com](http://www.schoolfoodplan.com) and [www.childrensfoodtrust.org.uk](http://www.childrensfoodtrust.org.uk)

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# Healthy food

**10 Healthful Choices**

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