

Session 4 – Fat swaps Guide

Time	FOOD (high fat option)	Fat	FOOD (Lower fat option)	Fat
Breakfast	Croissant	15g	Toast with light spread	5g
	Buttery	15g	Cereal	5g
snack	Crisps	10g	Baked crisps	5g
	Cheese, ham, crackers	10g	Apple	0g
Lunch	Prepacked sandwich - egg and cress	20g	Homemade sandwich - egg and cress	10g
	Sausage Roll	15g	Cocktail sausages x 5	7g
Snack	2 chocolate biscuits	10g	2 plain biscuits	5g
Evening meal	Fried fish fingers and chips (100g)	30g	Oven cooked fish fingers and chips (100g)	20g
	Full fat yoghurt	10g	Fruit yoghurt	5g
Totals	For daily intake of fat	135g	For daily intake of fat	62g

- When looking at the amounts of fats in certain foods, the aim is to encourage children to think about how small changes (swaps) can help reduce the amount of fat they consume in one day.
- Test tube resources can be purchased and are a good visual aid to help children to understand varying amounts of fat in different foods. To make this resource, candle wax can be used in test tubes to illustrate the fat.