

Top Tips

- o Switch from full fat to reduced fat (e.g. cheese, milk, yoghurt)
- o Avoid using butter, instead use small amounts of polyunsaturated or monounsaturated spreads or avocado
- o Display water in a prominent position in the fridge
- o Add fruit to the menu (e.g. whole fruit, fruit salad, fruit kebabs, frozen fruit, canned and fruit in tubs)
- o Offer combo meal deals which include fruit and water
- o Use plenty of vegetables, including different types and colours
- o Add more salads to sandwiches, burgers and wraps
- o Offer a variety of bread types including wholemeal, multi-grain and rye
- o Reduce the range of confectionery, try small lolly bags and avoid having these items on the counter
- o Use skin free chicken and trim excess fat from meat
- o Use a non-stick pan and use a spray of oil instead of pouring oil
- o Choose low sodium options where possible
- o Season with extra herbs and spices instead of salt