

#weareNHFT

SENSIBLE SWAPS



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**MAKING A
DIFFERENCE
FOR YOU,
WITH YOU**

Food choices you make can have a big difference to your total daily calorie intake. This diet sheet shows how simple swaps can help you make healthier food choices to reduce your calorie intake.

Below is an example of a full day's meals and how you can significantly reduce your calorie intake by just altering cooking methods or switching some of your food choices. A kcal is a kilocalorie and is a unit of energy.

HIGHER CALORIE CHOICES	HEALTHIER FOOD CHOICES
Breakfast	
<ul style="list-style-type: none"> • Fried bacon • fried egg • baked beans 470kcal	<ul style="list-style-type: none"> • Grilled bacon • poached egg • tomatoes 258kcal
Lunch	
<ul style="list-style-type: none"> • Prawn mayonnaise sandwich • packet of crisps • can of coke 670kcal	<ul style="list-style-type: none"> • Reduced fat chicken sandwich • handful of cherry tomatatoes • fruit smoothie 445kcal
Snack	
<ul style="list-style-type: none"> • Chocolate bar 260 kcal	<ul style="list-style-type: none"> • Fat free yoghurt • apple 117kcal
Evening meal	
<ul style="list-style-type: none"> • Two medium slices of deep pan pepperoni pizza 710kcal	<ul style="list-style-type: none"> • Two medium slices of thin crust vegetable pizza • side salad • reduced fat dressing 572kcal
Total calories for the day	
2100 kcal a Day	1400 kcal a Day

The following pages list common meal ideas for each meal; breakfast, lunch, dinner, snacks and desserts, and swap ideas to help you make healthier choices.

BREAKFAST

HIGHER CALORIE CHOICES	HEALTHIER FOOD CHOICES
<ul style="list-style-type: none"> • Large bowl (50g) honey and nut cornflake cereal • semi skimmed milk 245 kcal, 4g Fat	<ul style="list-style-type: none"> • Medium bowl of instant porridge (40g) • skimmed milk 215 kcal, 4g fat
<ul style="list-style-type: none"> • Large bowl (45g) chocolate rice pops cereal • semi skimmed milk 219 kcal, 2g Fat	<ul style="list-style-type: none"> • Medium bowl (30g) plain rice pops cereal • skimmed milk 144 kcal, 0.4g Fat
<ul style="list-style-type: none"> • Two slices toast • fat spread • marmalade or jam 325 kcal, 12g Fat	<ul style="list-style-type: none"> • Two slices toast • reduced fat spread • reduced sugar marmalade or jam 235 kcal, 7g Fat
<ul style="list-style-type: none"> • Croissant • fat spread • jam 307 kcal, 18g Fat	<ul style="list-style-type: none"> • One toasted crumpet • reduced fat spread • reduced sugar jam 125 kcal, 3g Fat
<ul style="list-style-type: none"> • Two fried sausages • two rashers of bacon • baked beans • one fried egg 673 kcal, 45g Fat	<ul style="list-style-type: none"> • Two grilled lean sausages • two rashers of grilled lean bacon (fat removed) • poached egg • reduced sugar baked beans 501 kcal, 27g Fat
<ul style="list-style-type: none"> • Two slices bread • fat spread • two rashers of bacon 433 kcal, 17g Fat	<ul style="list-style-type: none"> • Two slices toast • reduced fat spread • reduced sugar baked beans 296 kcal, 5g Fat
<ul style="list-style-type: none"> • One fried egg • two slices of toast • fat spread 354 kcal, 21g Fat	<ul style="list-style-type: none"> • One boiled egg • two slices of toast • reduced fat spread 271 kcal, 10g Fat

LUNCH

HIGHER CALORIE CHOICES	HEALTHIER FOOD CHOICES
<p>Tuna mayonnaise sandwich:</p> <ul style="list-style-type: none"> • two medium slices of bread • fat spread • tuna canned in oil • mayonnaise <p>522, kcal, 35g Fat</p>	<p>Tuna and cucumber sandwich:</p> <ul style="list-style-type: none"> • two medium slices of bread • tuna canned in spring water • no fat spread • reduced calorie salad cream <p>255 kcal, 4g Fat</p>
<ul style="list-style-type: none"> • Medium sized jacket potato • fat spread • 45g cheddar cheese <p>504 kcal, 24g Fat</p>	<ul style="list-style-type: none"> • Medium sized jacket potato • 45g reduced fat cheddar cheese • large mixed salad <p>402 kcal, 8g Fat</p>
<p>Cheese sandwich:</p> <ul style="list-style-type: none"> • two slices bread • fat spread • cheddar cheese <p>415 kcal, 24g Fat</p>	<p>Cheese and salad sandwich:</p> <ul style="list-style-type: none"> • two medium slices bread • low fat spread • half fat cheddar cheese • lots of salad <p>332 kcal, 11g Fat</p>
<ul style="list-style-type: none"> • Large portion pasta • creamy sauce <p>776 kcal, 26g Fat</p>	<ul style="list-style-type: none"> • Small portion of pasta • tomato based sauce • large mixed salad <p>300 kcal, 2g Fat</p>
<ul style="list-style-type: none"> • Double burger • large portion of french fries • regular strawberry milkshake <p>1451 kcal, 55g Fat</p>	<ul style="list-style-type: none"> • Single burger • regular portion of french fries • diet cola <p>478 kcal, 19g Fat</p>
<ul style="list-style-type: none"> • Cream of chicken soup • two slices bread • fat spread <p>404 kcal, 20g Fat</p>	<ul style="list-style-type: none"> • Vegetable soup (not creamy variety) • two slices bread • no fat spread <p>252 kcal, 1g Fat</p>



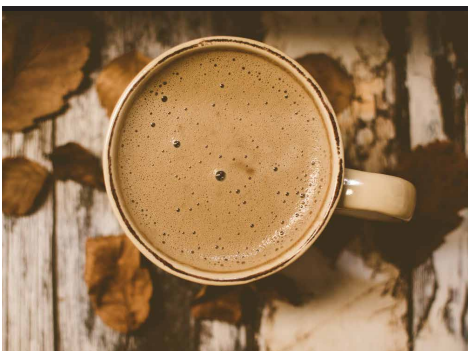
DINNER

HIGHER CALORIE CHOICES	HEALTHIER FOOD CHOICES
<ul style="list-style-type: none"> • Medium portion battered fish • fried chips • garden peas 842 kcal, 41g Fat	<ul style="list-style-type: none"> • Grilled cod (no batter) • oven chips • garden peas 472 kcal, 10g Fat
<ul style="list-style-type: none"> • Roast chicken leg • roast potatoes • carrots • sprouts • leeks 538 kcal, 18g Fat	<ul style="list-style-type: none"> • Grilled chicken breast • new potatoes • carrots • sprouts • leeks 383 kcal, 10g Fat
<ul style="list-style-type: none"> • Three grilled sausages • mashed potato • baked beans 649 kcal, 29g Fat	<ul style="list-style-type: none"> • Three half-fat sausages • new potatoes • reduced sugar baked beans 505 kcal, 18g Fat
<ul style="list-style-type: none"> • Medium portion lasagne chips • garlic bread 1119 kcal, 50g Fat	<ul style="list-style-type: none"> • Medium portion 'Healthy Living' lasagne large salad • 50g french stick • reduced fat spread 464 kcal, 15g Fat
<ul style="list-style-type: none"> • Two papadums • 1 tbsp mango chutney • chicken korma • pilau rice • one plain naan bread 1439 kcal, 64g Fat	<ul style="list-style-type: none"> • Dhal • one medium chapatti boiled rice • tandoori chicken 706 kcal, 23g Fat
<ul style="list-style-type: none"> • Fried rice • sweet and sour pork • chips 1350 kcal, 62g Fat	<ul style="list-style-type: none"> • Boiled rice • beef in blackbean sauce • chinese steamed vegetables 682 kcal, 17g Fat



SNACKS

HIGHER CALORIE CHOICES	HEALTHIER FOOD CHOICES
<ul style="list-style-type: none"> • Two chocolate digestive biscuits 177 kcal, 9g Fat 	<ul style="list-style-type: none"> • Two rich tea biscuits 64 kcal, 2g Fat
<ul style="list-style-type: none"> • One packet potato crisps (35g) 183 kcal, 11g Fat 	<ul style="list-style-type: none"> • One packet light variety • potato crisps (28g) 131 kcal, 6g Fat
<ul style="list-style-type: none"> • One regular sized chocolate bar (55g) 250 kcal, 9g Fat 	<ul style="list-style-type: none"> • One chocolate wafer bar (2 finger bar) 106 kcal, 6g Fat
<ul style="list-style-type: none"> • Danish pastry (180g) 673 kcal, 32g Fat 	<ul style="list-style-type: none"> • One toasted teacake • reduced fat spread 220 kcal, 10g Fat
<ul style="list-style-type: none"> • Chocolate chip muffin 506 kcal, 27g Fat 	<ul style="list-style-type: none"> • Fruit scone • reduced fat spread 206 kcal, 10g Fat
<ul style="list-style-type: none"> • Medium slice of Victoria sponge cake 294 kcal, 18g Fat 	<ul style="list-style-type: none"> • 35g slice of malt loaf • thin layer of reduced fat spread 162 kcal, 6g Fat
<ul style="list-style-type: none"> • One pot of thick and creamy yoghurt 165 kcal, 7g Fat 	<ul style="list-style-type: none"> • One pot healthy eating low fat yoghurt 60 kcal, 0.4g Fat
<ul style="list-style-type: none"> • Hot chocolate made up • semi skimmed milk 130 kcal, 11g Fat 	<ul style="list-style-type: none"> • Reduced fat and sugar hot chocolate (e.g. Options or Highlights) • made up with water 40 kcal, 2g Fat
<ul style="list-style-type: none"> • Medium sized flapjack (60g) 290 kcal, 16g Fat 	<ul style="list-style-type: none"> • Healthy eating cereal bar 120 kcal, 2g Fat



DESSERTS

HIGHER CALORIE CHOICES	HEALTHIER FOOD CHOICES
<ul style="list-style-type: none"> • Banoffee pie (slice) 486 kcal, 35g fat 	<ul style="list-style-type: none"> • Bananas • low fat custard 181 kcals, 2g fat
<ul style="list-style-type: none"> • New York cheesecake (slice) 322 kcal, 21g 	<ul style="list-style-type: none"> • Strawberry cheesecake (slice) 221 kcal, 11g fat
<ul style="list-style-type: none"> • Apple crumble 334 kcal, 10g fat 	<ul style="list-style-type: none"> • Stewed apple • cream 217 kcals, 14.3g fat
<ul style="list-style-type: none"> • Two scoops of full fat ice-cream (e.g. Ben and Jerries, Haagen-Dazs) 240 kcals, 14g fat 	<ul style="list-style-type: none"> • Fruit sorbet 77 kcals, 0g fat
<ul style="list-style-type: none"> • Key lime pie (slice) 456 kcals, 30g fat 	<ul style="list-style-type: none"> • Key lime pie (individual pot 85g) 315 kcals, 21g fat
<ul style="list-style-type: none"> • Crème brûlée 320 kcals, 26g fat 	<ul style="list-style-type: none"> • Crème caramel (individual pot 100g) 110 kcals, 2g
<ul style="list-style-type: none"> • Steamed chocolate pudding 331 kcals, 5g fat 	<ul style="list-style-type: none"> • Chocolate mousse (individual pot 60g) 100 kcals, 4g fat
<ul style="list-style-type: none"> • Strawberry trifle 215 kcals, 10.5g fat 	<ul style="list-style-type: none"> • Blancmange 140 kcals, 5g fat
<ul style="list-style-type: none"> • Fresh cream doughnut 244 kcals, 15.8g fat 	<ul style="list-style-type: none"> • Raspberry sponge sandwich cake (slice) 161 kcals, 6.1g

Agreed action plan

Dietitian



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