

Healthy Swaps

Have a look at the examples of how you can make some healthy swaps below...



Shop bought tomato pasta sauce

Per 100g

Calories	101 kcal
Saturated Fat	0.8g
Sugar	5.5g
Salt	1.4g



Homemade tomato pasta sauce

Per 100g

Calories	67 kcals
Saturated Fat	0.1g
Sugar	2.5g
Salt	0.1g



Shop bought vegetable soup

Per 100g

Calories	47 kcal
Saturated Fat	0.1g
Sugar	3.2g
Salt	0.6g



Homemade Vegetable Soup

Per 100g

Calories	25 kcals
Saturated Fat	0.1g
Sugar	1.6g
Salt	Trace

Take a look at <https://www.nhs.uk/change4life/recipes> for some ideas of how to make your favourite meals more healthy.

Swaps I can make:

