

Healthy Swaps Cheat Sheet

20 simple, everyday swaps to make your usual meals a little more nourishing — no elimination, no rules, just easy upgrades to foods you already eat.

Instead of	Try	Why it helps
White rice	Brown rice or quinoa	More fibre, keeps you fuller for longer
White bread	Wholegrain or sourdough	More fibre and a slower energy release
Flavoured yoghurt	Plain/Greek yoghurt + fruit	Less added sugar, more protein
Soft drink	Sparkling water + fruit slices	Same fizz, far less added sugar
Chips	Air-popped popcorn or nuts	More fibre and healthy fats per handful
Muesli bars	Homemade oat & nut bars	Control over added sugar content
Regular pasta	Legume or wholemeal pasta	More fibre and plant protein
Table salt seasoning	Herbs, spices, lemon juice	Big flavour without extra sodium
Fruit juice	Whole fruit	More fibre, less concentrated sugar
Creamy sauces	Yoghurt or tahini-based sauces	Lighter, with added protein or healthy fats
Deep-fried sides	Oven-baked or air-fried	Less added oil, same satisfying crunch
Sugary cereal	Rolled oats + fresh fruit	More fibre, steadier energy through the morning
Flavoured instant noodles	Plain noodles + your own veg & protein	Less sodium, more nutrients
Ice cream	Frozen yoghurt or banana 'nice cream'	Lower in added sugar, still a treat
Processed deli meats	Grilled chicken or tinned tuna	Less sodium and preservatives
Sweetened iced tea	Herbal tea, chilled and unsweetened	Same refreshing drink, no added sugar
Mayonnaise	Mashed avocado or hummus	Healthy fats and fibre instead of processed oils
White pasta sauce (jarred)	Simple tomato & herb sauce	Often lower in added sugar and sodium
Store-bought smoothies	Homemade with whole fruit + yoghurt	Less added sugar, more control over ingredients
Butter on toast	Nut butter or avocado	Adds protein or healthy fats instead of saturated fat

Tip: you don't need to make every swap at once. Pick two or three that feel easiest this week — small, sustainable changes add up far more than trying to overhaul everything overnight.

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