

# Shifting the Nutritional/Energy balance



Making a few simple changes to the type or amount of an ingredient or cooking method can shift the overall balance towards a healthier diet. This can help reduce calories, fat and salt and increase fibre.

www.teenweightwise.com



## Breakfast

- Use low fat spread
- Slice bread thickly
- Try different types of bread

Changes: 4g fibre 17g fat 140 kcal/560 kJ



## Cooked Lunch

- Choose a thick-based pizza
- Add more vegetables
- Go for semi-skimmed milk
- Swap chips for baked wedges

Changes: 23g fat 1.8g salt 340 kcal/1430 kJ



## Packed Lunch

- Eat more fruit
- Choose lower-fat dairy products
- Slice bread thickly
- Try reduced-fat mayonnaise

Changes: 4g fibre 24g fat 130 kcal/560 kJ



## Evening Meal

- Have lots of rice
- Choose tomato-based rather than creamy sauces
- Try boiled rice
- Swap popadum for naan

Changes: 18.5g fat 0.7g salt 70 kcal/290 kJ



© Food images British Nutrition Foundation [www.nutrition.org.uk](http://www.nutrition.org.uk)  
 © 2006 British Dietetic Association  
 This poster is written and published by the British Dietetic Association (BDA) as part of the Weight Wise: The Next Generation campaign.  
 The BDA is the professional association for registered dietitians working in the UK.  
 For more information on the BDA and its Food First campaigns visit our website at [www.bda.uk.com/weightwise.html](http://www.bda.uk.com/weightwise.html)

For more information and practical advice on weight management visit [www.teenweightwise.com](http://www.teenweightwise.com)

More copies of this poster can be obtained by calling John McCormick & Co. Ltd. on 0141 429 4222 or by downloading an order form from [www.bda.uk.com/weightwise.html](http://www.bda.uk.com/weightwise.html)

Printed on Recycled Paper

BDANG010

Designed by Gorard Dean Corporate Communications [www.gorarddean.com](http://www.gorarddean.com)