Start from scratch

- Swap a sauce or ready-meal for one that is homemade
- Try out a new recipe

Tweet us your challenge @harvestbh #sugarsmartcity
Make breakfast sugar free

- Swap a sugary cereal to wholewheat cereal
- Swap jam and honey for mashed banana, avocado, soft cheese or eggs on toast

Tweet us your challenge @harvestbh #sugarsmartcity
Swap the pop

- Reduce the number of fizzy drinks
- Dilute juice 1 part juice to 10 parts water
- Swap sugary drinks for water
- Cut back on sugar added to tea and coffee

Tweet us your challenge @harvestbh #sugarsmartcity
Sweet snack swaps

• Swap cakes, biscuits, chocolate and sweets for fresh or dried fruit, rice cakes, crackers, toast with toppings, unsalted nuts and seeds

• Swap desserts, puddings, cakes and ice cream for natural yoghurt, fresh or tinned fruit or dried fruit

Tweet us your challenge @harvestbh #sugarsmartcity