

# Swap it!

## TRY THESE GOALS:

1. Swap an Unfriendly food for a Friendly food at least once a day.
2. Eat no more than 7 Unfriendly snacks a week (e.g. chips, lollies, cakes and soft drinks).

Did you know that Unfriendly snacks can be sweet OR savoury! They are high in FAT and/or SUGAR, and don't give your body much of the healthy stuff it needs. It is important that you don't eat too many of these foods; they are only meant to be eaten occasionally! You should aim to swap Unfriendly snacks for Friendly snacks wherever you can! Friendly snacks will keep your ENERGY levels up and give you the nutrients that your body needs to be FIT and HEALTHY.

# TRACK THAT SNACK!

To help you achieve your goal, let's put a plan into action! Jot down what you're up to this week in the planner below and choose when to have your Unfriendly snacks, remember, no more than 7!

## THIS IS ..... 'S SNACK PLANNER

<b>Monday</b>  e.g. Stick plan on fridge, 1 unfriendly food or drink	<b>Friday</b>  e.g. 1 Unfriendly food or drink
<b>Tuesday</b>  e.g. Homework	<b>Saturday</b>  e.g. Jade's disco party, 1 Unfriendly food or drink
<b>Wednesday</b>  e.g. 1 Unfriendly food or drink	<b>Sunday</b>  e.g. Boredom alert - plan to hang out with dad
<b>Thursday</b>  e.g. Swimming lesson, plan friendly snack to take	<b>Notes</b>

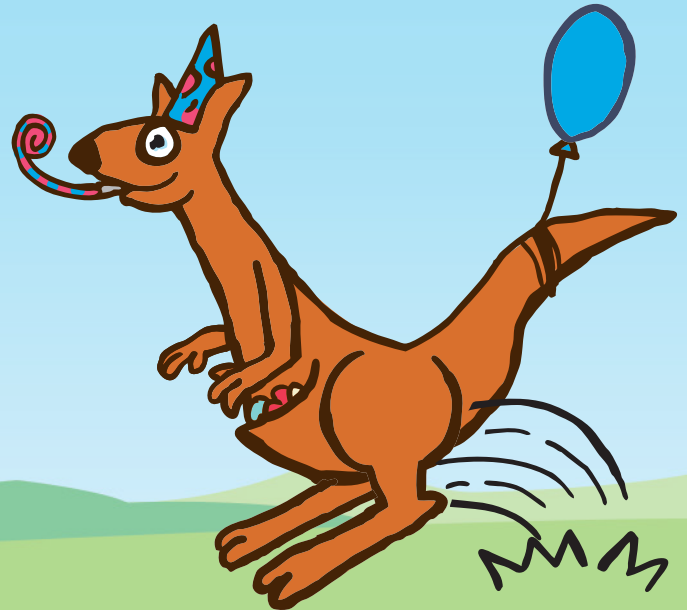


# WHAT ARE UNFRIENDLY FOODS?

Unfriendly foods are called 'unfriendly' for a reason. They do not contain any goodness to help keep your body fit and healthy. They are high in kilojoules, saturated fat, added sugars and/or added salt. They should only be eaten sometimes and in small amounts.

**Here are some example serve sizes of Unfriendly foods. Make sure you try to avoid these as much as you can.**

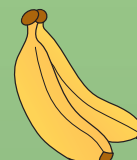
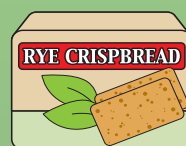
- 2 scoops of ice – cream
- 2 slices of processed meats or salami
- ½ snack size of salty crackers or crisps
- 2 – 3 sweet plain biscuits
- 1 small doughnut
- 1 slice plain cake / small cake type
- ½ chocolate bar
- 1 can soft drink
- ¼ pie or pastie
- 12 fried hot chips
- 1 tablespoon jam or honey



## TRY THESE FRIENDLY SNACKS INSTEAD:

Instead of filling up on the Unfriendly stuff listed above, try these Friendly snacks next time you're feeling a little hungry in-between your meals. These Friendly snacks will provide your body with lots of GOODNESS, help keep you fuller for longer and give you all the ENERGY you need to do the FUN stuff you love doing!

- 1 piece of fresh fruit
- 1 cup of a fruit salad pot or tinned fruit
- ½ cup of vegetable sticks
- ¾ cup or 1 small tub of reduced fat yoghurt
- 1 small packet of air – popped popcorn
- 1 small or ½ large pita pocket
- 3 wholegrain crackers with reduced fat cheese
- 2 hard - boiled eggs
- 1/3 cup mixed dried nuts
- A smoothie with reduced fat milk and 1 chopped banana (1 cup)



## Here are 3 top tips to help you work with your child to achieve their goals:

### 1. SET SMART GOALS AND REWARDS

Think about how many Unfriendly foods and drinks your child has a week and help them set a SMART goal that's realistic for them. Check their progress every week and give them their reward.

### 2. WHEN IS IT OK TO HAVE UNFRIENDLY SNACKS?

When do you think you should allow your child to have Unfriendly snacks?

- For celebrations?
- To reward them for being good?
- When they're bored or upset?
- As part of their daily routine?

Let's look at the options. Unfriendly snacks have become part of our daily routine because they're cheap and easy to buy, but, adding them to lunchboxes or meals adds too much fat and sugar and can lead to an unhealthy child.

Some Unfriendly foods are part of celebrations in most cultures. These are ok to have occasionally, just don't go overboard! Setting and achieving goals will help you get the balance right.

We often give children Unfriendly food when they are bored or upset to cheer them up, or as a reward. This can become a routine so children expect Unfriendly foods/drinks when they've achieved something or are upset. This can make it tricky to help them reduce the amount they eat. Why not give your child a small non – food reward instead (i.e. praise, time together, stickers)? Try to remove the association between achieving something and food. Focus on only allowing your child to have an Unfriendly snack in a time in which they planned to and brainstorm lots of non - food reward ideas together.

### 3. HELP YOUR CHILD BEAT THE TREAT!

Internal triggers, such as being bored and external triggers, like spotting a chocolate bar in the shop window can cause us to eat Unfriendly snacks. Be aware of food advertising and ignore bargain deals when shopping. Write a list and stick to it! Filling up the cupboard with Unfriendly snacks is only going to tempt your child, so just buy the amount allowed for each week. Let your child choose them, but be clear that when they're gone, they're gone. Be a good role model and get the whole family working together on a goal.

#### Useful Links

- [www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)
- <http://www.kidspot.com.au/schoolzone/lunch-box-healthy-snacks-for-kids+4123+327+article.htm>