drink swap
How to cut down on calories in drinks, without having to say ‘no’

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Drink swap

Making some swaps means we can cut down on some of the calories in both alcoholic and non-alcoholic drinks, without having to say ‘no’. Read on to find out how:

1. Sugar swap
Next time you make yourself a tea or coffee, try halving the number of sugars you usually have – you probably won’t even taste the difference!

2. Coffee swap
Swap high-calorie coffee drinks like whole-milk latte and frappe for drinks made with skimmed milk. A black or skimmed-milk americano is one way to get a caffeine hit without piling on the calories!

3. Pop swap
Try replacing sugary fizzy drinks with water flavoured with a slice of lemon, watermelon, lime or a splash of fruit juice. Keep a jug of water in the fridge for a refreshing and cheap drink.

4. Soft drink swap days
Many people find it helps to have a couple of consecutive days in the week when they stay off alcohol and stick to low calorie soft drinks.

5. Spritzer swap
A good way to cut down on alcohol calories is to swap a large glass of white wine for a smaller glass topped up with soda water.