

Our Top 5 Sweet Swap Ideas for the Lunchbox



A few small swaps can make a big difference to reducing a child's sugar intake over a week.



JELLY CUP



STRAWBERRY
NATURAL YOGHURT
AND FRUIT



9g less sugar per 100g
Value add: calcium and fibre



SWEET BISCUITS



PIKELETS



11g less sugar per 100g



CEREAL BAR



WHOLEGRAIN
CINNAMON BITES



18g less sugar per 100g
Value add: fibre

* All swaps are based on comparisons per 100g. Good for Kids has no affiliations with brand names or products depicted.



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JUICE POPPER



WATER



10g less sugar per 100ml



MUFFIN BITES



SCONE



25g less sugar per 100g

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