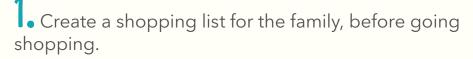
Would you like your child to make

some healthy sweet swaps? Sidra Hussain. Beezee Families Nutritionist



Our free healthy lifestyle programme can support families like yours make healthy habits. Help yourself to our sweet tips below.



- L Have a weekly sweet voucher. Your children choose when to "cash in" for a portion of sweets.
- **3.** Use the **NHS Food Scanner** app to help find healthy swaps in the shops.
- Try having a mix of fresh and dried fruits to help the sweet cravings, i.e. dried mango, bananas.

Remember to have dried fruits in small amounts as the sugar is more concentrated.

• Mix things up and make fruit more fun - try making fruit cocktails, smoothies or ice lollies.

• Look for healthy sweet treat recipes online. We might be biased but we think beezeebodies.com/blog/category/recipes is pretty good!

to find out more

Sign up today!

Scan the code ...or click here

Like these tips and want to know more? Check out our website now.

Beezee

