

# Would you like your child to make

## some healthy sweet swaps?



Sidra Hussain,  
Beezee Families Nutritionist

We are here to help!

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



1. Create a shopping list for the family, before going shopping.
2. 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.
4. Try having a mix of fresh and dried fruits to help the sweet cravings, i.e. dried mango, bananas.



5. Remember to have dried fruits in small amounts as the sugar is more concentrated.
6. Mix things up and make fruit more fun – try making fruit cocktails, smoothies or ice lollies.
7. Look for healthy sweet treat recipes online. We might be biased but we think [beezebodies.com/blog/category/recipes](https://beezebodies.com/blog/category/recipes) is pretty good!

Beezee  
Families



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

\*Our courses are for families with children aged 5+.

Scan the code

...or click here  
to find out more

Sign up today!

