

### Snack Swaps

Can be Difficult to Tolerate



Alternatives

Muesli Bars
Doughnut
Chocolate
Buns and cakes
Sweets

Plain Crackers
Rice Crackers
Rice Crackers

### Fruit Swaps

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Alternatives

Green Bananas
Whole berries
Canned fruit

Ripe bananas
Stewed Berries
Water based fruits

### Vegetable Swaps

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Alternatives

Raw Vegetables
Canned or frozen vegetables

Peeled vegetables
Well Boiled or Steamed
Mashed Vegetables
Juiced vegetables

### Meat Swaps

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**Alternatives**

Processed Meats – salami, chorizo, sausages	Grilled Chicken
Fried Chicken	Lean cuts of meat
Red fatty cuts of meat	Remove visible fat from meat
	Eggs
	Unprocessed beef (lean cuts)

### Fish Swaps

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**Alternatives**

Fried Fish	White Fish e.g. Sole
Fish Fingers	Fresh Fish
Beer Battered Fish	Oily Fish e.g. Salmon
Smoked Fish	Tuna or Sardines

### Milk Cheese Yoghurt Swaps

\*Disclosure these alternatives are for heart health and may not be suitable in malnutrition

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**Alternatives**

Cream	Low Fat Cheese
Full fat Cheese	Soya Milk
Full Fat Milk	Low Fat Milk
Ice cream	Yoghurts

## Potatoes

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Alternative

Fried Potato	Baked Potato
Potato Crisps	Steamed Potato
Chips	Boiled Potato
Roast Potato	
Potato Wedges	

## Condiments

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Alternatives

Salt	Olive oil
Margarine	Canola oil
Sauces	Pepper
Salad dressings	Paprika
Syrup	Cinnamon stick

## Beverages

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Alternatives

All Soft Drinks	Water
Alcoholic Drinks	Kefir
Fruit Juices	Freshly squeezed orange/ lemon juice
Instant tea and coffee	Herbal tea