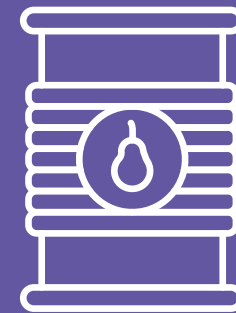


# Puddings

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Swap for fresh, frozen or tinned (in juice) fruit salad / fruit mix.



Plain yoghurt with fresh, frozen, tinned (in juice) or dried fruit (low fat yoghurt over 5s).



Cakes, pastries, chocolate pots / mousses, other desserts high in sat fat, sugar &/or salt.



Lower sugar yoghurts (low fat over 5s).



Sugar free jelly.



Lower sugar rice pudding.



Lower sugar custard.

# Puddings

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Ice Cream



Try making home-made frozen yoghurt. Blend or mash plain yoghurt with chopped fruit.



Pour into lollipop cases (or cupcake cases) and place in freezer for at least two hours.

## Top tips

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Plan ahead if you can and make a list before you go shopping.



Check the labels and swap for items lower in sat fat, sugar and salt.



Traffic light labelling can help you make healthier food choices. Swap foods with reds on the label for ones with more greens and ambers.



Try adding extra fruit to any puddings you already have at home – fresh, frozen, dried or tinned (in juice).



Fruit is a great healthier pudding choice. Choose from fresh, frozen or tinned (in juice) and try to go for fresh fruit in season which can be cheaper.