



Our Top 5 Savoury Swap Ideas for the Lunchbox

A few small swaps can make a big difference to reducing a child's saturated fat and salt intake over a week.



SAVOURY SNACK BISCUITS



CHEDDAR RICE CRACKERS



3.8g less saturated fat and 503mg less sodium per 100g



HIGH FAT CHEESE CRACKERS



CORN THINS



3.9g less saturated fat and 1061mg less sodium per 100g



NOODLE SNACKS



WHOLEGRAIN MINI BITES



10.4g less saturated fat and 99mg less sodium per 100g

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



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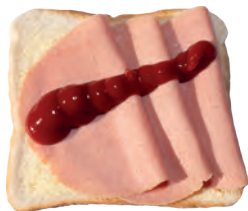
CRISPBREAD and CHEESE CHEDDAR DIP



TZATZIKI AND CELERY STICKS



10g less saturated fat and 663mg less sodium per 100g



DEVON



SKINLESS BBQ CHICKEN



7g less saturated fat and 745mg less sodium per 100g

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