

The BNF 'Try, Swap, Change' planner

Ready for a healthier you? Use the BNF planner to help you TRY something new, SWAP your old habits for better ones and CHANGE your lifestyle. There's a range of challenges to choose from. Personalise your plan by choosing those you'd most like to try. Go for one TRY, one SWAP and one CHANGE challenge each week, and tick off the ones you achieve each day.

More details about each challenge are available on the next page.



Tick below to select your weekly challenge		Mon	Tue	Wed	Thu	Fri	Sat	Sun
Try	<input checked="" type="checkbox"/> Eat the rainbow	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	<input type="checkbox"/> Pick plant protein	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/> Go slow	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/> Grab some grains	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/> Screen breaks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Swap	<input type="checkbox"/> Wake up with fibre	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/> Get fruity!	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/> Move more	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/> Fish in a dish (tick twice or more)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/> Snack attack!	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Change	<input type="checkbox"/> Move it, shake it	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/> Pledge more veg	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/> You're sweet enough	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/> A little extra	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/> Slow down on salt	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Each colour relates to a different part of your diet and lifestyle – choose those you'd like to improve:

- Green:** focus on fruit and vegetables
- Yellow:** happy wholegrains
- Red:** getting active
- Orange:** helpful habits
- Blue:** pick your protein
- Pink:** think lower 's' – lower salt, sugar and saturated fat

Congratulations, you are on your way to becoming a healthier you! Some things to think about....

- Which challenge did you find easiest? Why was this?
- Which challenge was hardest for you? Why might that be?
- Which challenges do you think you could maintain long-term?

Print out and re-use the 'Try, Swap, Change' planner as many times as you like – over time healthier choices will become easier and more automatic. You could keep it simple and see if you can maintain your changes over a longer period – or you could mix it up and aim for some new challenges. The choice is yours!

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Try	Eat the rainbow	Eat at least 3 different coloured fruit and vegetables.
	Get plant-based	Incorporate some plant-based protein into your day, e.g. beans, peas, lentils, tofu, nuts or seeds.
	Go Slow	Try eating more slowly and enjoying your food; eating more slowly can give your body time to realise it is full.
	Grab some grains	Try a new wholegrain food, e.g. wholemeal breads (why not try wholemeal pitta, wraps and bagels), brown rice, oats, barley, quinoa, buckwheat, wholegrain spelt pasta, bulgur wheat or plain popcorn.
	Screen breaks	Try to reduce your seated screen time, such as time spent on the TV or computer. Set yourself a challenge, e.g. only one hour of seated screen time a day, or halving the time you'd usually spend each day and stick to it.
Swap	Wake up with fibre	Swap your usual breakfast/morning foods for higher fibre versions.
	Get fruity!	Have a variety of fruit and vegetables instead of your usual snacks.
	Move more	Swap your usual routine – add an extra 10 minutes of activity, e.g. walking, swimming or weights, each day.
	Fish in a dish	Up your fish intake – try to eat two portions or more this week, one of which should be an oily fish such as salmon, sardines, kippers, whitebait, mackerel, trout, herring, pilchards or fresh tuna.*
	Snack attack!	Swap snacks high in saturates, sugar or salt such as fried crisps, chocolate and sweets for fruit, vegetables, plain yogurt, nuts or seeds.
Change	Move it, shake it	Find a new way to move: dust off the bike, head to your local pool or park or try some online yoga or movement videos at home. Want to try something different? Try your local climbing wall, kayak/rowing club or community garden.
	Pledge more veg	Fill half of your plate at lunch or dinner with salad or vegetables.
	You're sweet enough	Stop or cut down on drinking sugary soft drinks or adding sugar to drinks.
	A little extra	Add one extra portion of fruit, vegetables, beans or lentils (roughly the amount which fits into a cupped hand) into one of your meals.
	Slow down on salt	Check food labels for low or reduced salt options and when cooking at home use herbs and spices for flavour instead.

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Blue: pick your protein

Pink: think lower 's' – lower salt, sugar and saturated fat

*Visit the NHS Choices fish and shellfish page for details on how much to eat per week.